

**THERE ARE
MORE THAN 25
KINDS OF STDs**

**YOU MAY NOT
KNOW YOU HAVE
AN STD**

**YOU CAN GET
CANCER FROM
SOME STDs**



STDs

BE SMART... KNOW THE RISKS

STD PROGRAM
701.328.2378 or 800.472.2180
www.ndhealth.gov/STD



NORTH DAKOTA
DEPARTMENT OF HEALTH

Table of Contents

Chlamydia	1
Gonorrhea	2
Syphilis	3
Pelvic Inflammatory Disease (PID)	4
STDs, HIV and Pregnancy	5
What About HIV and STDs?	7
Genital Warts (HPV)	8
Viral Hepatitis	10
Herpes	11
How Do I Protect Myself?	12

Chlamydia

If left untreated, chlamydia can impact a woman's ability to have children.



How is it spread?

Chlamydia can be transmitted **during vaginal, anal or oral sex**. An infected mother can pass chlamydia to her baby during delivery.

What are the symptoms?

Often known as the “**silent**” disease, most women and men infected with chlamydia have no symptoms. If symptoms do occur, they usually appear within one to three weeks after exposure. Symptoms include **discharge** from the vagina or penis, a **burning** sensation when urinating, or **bleeding** between menstrual periods. You can infect your partner even if you do not have symptoms or know that you have the disease. If left untreated, chlamydia can impact a woman's ability to have children.

Who should be tested?

CDC recommends yearly screening for chlamydia of **all sexually-active women 25 or younger** and older women with risk factors (those who have a new sex partner or multiple sex partners). Pregnant women should be screened to rule out the risk of ectopic pregnancy (pregnancy outside the uterus) and risk of passing the infection to the fetus.

Anyone should get tested who is sexually active and has multiple sex partners or a new sex partner; if your sex partner now has or has previously had other sex partners; if you do not consistently use condoms correctly; or if you have any of the symptoms listed above.

Treatment

Chlamydia can be treated and cured easily with antibiotics. Abstain from sexual intercourse until you and your sex partners have completed treatment, otherwise reinfection is possible. The more times a person is infected with chlamydia, the higher his or her chances of having serious health conditions, such as infertility.

Gonorrhea



Anyone who has sex can get gonorrhea.

How is it spread?

Gonorrhea can be transmitted during **vaginal, anal or oral sex**. An infected mother can pass gonorrhea to her baby during vaginal childbirth.

What are the symptoms?

Most women do not have symptoms. Usually, but not always, men will have signs or symptoms that appear two to five days after infection; symptoms can take as long as 30 days to appear. Symptoms include **discharge** from the vagina or penis, a **burning** sensation when urinating, or **bleeding** between menstrual periods. You can infect your partner even if you do not have symptoms or know that you have the disease. If left untreated, gonorrhea can impact a woman's ability to have children.

Who should be tested?

The U.S. Preventive Services Task Force recommends that all **sexually-active women** should be tested for gonorrhea if they are at increased risk. **Women 25 and younger** are at highest risk for gonorrhea infection. Pregnant women should be screened to rule out the risk of ectopic pregnancy (pregnancy outside the uterus) and risk of passing the infection to the fetus.

Anyone should get tested who is sexually active and has multiple sex partners or a new sex partner; if your sex partner now has or has previously had other sex partners; if you do not consistently use condoms correctly; or if you have any of the symptoms listed above.

Treatment

Gonorrhea can be treated and cured easily with antibiotics. Abstain from sexual intercourse until you and your sex partners have completed treatment, otherwise reinfection is possible. The more times a person is infected with gonorrhea, the higher his or her chances of having serious health conditions, such as infertility.

Syphilis

In the 21st century, rates of infectious syphilis increased the most among 15- to 24-year-old men and women.



A sore called a chancre on a man infected with primary syphilis.

How is it spread?

Syphilis can be transmitted **during vaginal, anal or oral sex** or other contact with syphilis lesions or rashes. An infected mother can pass syphilis to her baby during pregnancy.

What are the symptoms?

Symptoms usually appear 10 to 90 days after exposure, usually at 21 days. The first stage of syphilis is called primary and consists of a **sore, usually painless, called a chancre**. The second stage of syphilis is called secondary, and **skin rashes** are the usual symptoms. People are most infectious during the first two stages of syphilis. The later stages of syphilis can affect almost any part of the body; the skin, brain and spinal cord are common areas of complications.

Who should be tested?

Syphilis infections can increase the risk of HIV transmission. In North Dakota, **all pregnant women**, partner(s) exposed to a positive syphilis case, and anyone with the symptoms listed above should be tested for syphilis. **Men who have sex with men** should be screened for chlamydia, gonorrhea and syphilis every three to six months if they have multiple and/or anonymous sex partners. All **HIV-positive individuals** should be tested for syphilis once a year.

Treatment

Syphilis can be treated with antibiotics. Abstain from sexual intercourse until you and your sex partners have completed treatment. Later stages may require hospitalization.

Pelvic Inflammatory Disease (PID)



Each year, STDs cause at least 24,000 women in the U.S. to become infertile.

How do you get it?

Pelvic Inflammatory Disease (PID) occurs when certain bacteria, such as chlamydia or gonorrhea, move upward from a woman's vagina or cervix (opening to the uterus)

into her reproductive organs. The more sex partners a woman has, the greater her risk of developing PID.

What are the symptoms?

It may take weeks or months for females to develop symptoms. These may include vaginal discharge, pelvic pain, lower back pain, bleeding between periods, heavier-than-usual periods, fever, nausea and vomiting. Some women who have very mild symptoms and don't realize they have PID go untreated.

How serious is PID?

Complications include **sterility** or **pregnancy outside the uterus** (ectopic pregnancy), which can lead to rupture of the fallopian tubes. This can be **fatal**. Removal of reproductive organs may be necessary. About one in 10 women with PID becomes infertile, and if a woman has multiple episodes of PID, her chances of becoming infertile increase.

Treatment

PID can be treated with antibiotics. Permanent damage to the fallopian tubes cannot be corrected. Treatment often requires hospitalization.

STDs, HIV and Pregnancy



When a woman is pregnant, STDs can be more serious for her and her baby.

If you are pregnant and you have a sexually-transmitted disease and/or HIV, you may pass the infection on to your baby.

Every woman who is pregnant should be checked during her first prenatal visit for certain STDs, including

HIV, chlamydia, gonorrhea, syphilis and hepatitis B.

You can have an STD or HIV without knowing it. HIV and many STDs do not have any symptoms.

If you don't get treatment for an STD or HIV, it can lead to serious health problems for you and your baby. Many STDs can be cured with proper treatment. HIV can't be cured but can be well managed with the proper medication.

Who is at risk?

Doing any of these behaviors can put you at greater risk of getting STDs or HIV:

- Sharing injection drug needles or other drug equipment including cookers, cotton and water
- Having unprotected vaginal, anal or oral sex
- Having multiple sex partners
- Having sex while drunk or high

How can pregnant women lower their risk for STDs and HIV?

The surest way to reduce your risk of STDs and HIV during pregnancy is not to have sex or to have sex only with someone who's not infected and who has sex only with you. Condoms can reduce your risk of getting STDs and HIV if used correctly every time you have sex. The condom protects only the area it covers.



How can STDs affect my baby?

- Low birthweight
- Premature birth
- Miscarriage/Stillbirth
- Eye infections or blindness
- Pneumonia
- Neurologic damage

Untreated syphilis in pregnant women results in infant death in up to 40 percent of cases.

How can HIV affect my baby?

Risk that an untreated HIV-infected pregnant woman will pass HIV to her newborn child is between 15 and 25 percent. With medications and proper prenatal care, the chance of passing HIV to her newborn child can be reduced to between 1 and 2 percent. HIV can be passed from mother to child by breastfeeding.

HIV can cause a weakened immune system, can increase susceptibility to infection and may shorten life span. Once people with HIV begin treatment, it must continue indefinitely.

How can hepatitis B affect my baby?

Because mothers can pass the hepatitis B virus to their babies during delivery, it is important that babies receive hepatitis B vaccine at birth, and, in some cases, the babies will get another shot called hepatitis B immune globulin. This protects them against the hepatitis B virus. The earlier in life that someone gets hepatitis B, the far greater a risk of developing chronic hepatitis and having severe liver complications later in life.

What About HIV and STDs?

Having an STD can make you more likely to get HIV.



What is the link between STDs and HIV infection?

Testing and treatment of STDs can prevent the spread of HIV, the virus that causes AIDS. Individuals who are infected with STDs are at least **two to five times** more likely than uninfected individuals to acquire HIV infection if they are exposed to

the virus through sexual contact. In addition, if an HIV-infected individual is also infected with another STD, that person is more likely to transmit HIV through sexual contact than other HIV-infected individuals.

How do STDs lead to HIV?

Several STDs (e.g., syphilis, herpes) cause genital ulcers that result in **breaks in the lining or skin**. These breaks create a port of entry for HIV. Additionally, inflammation resulting from genital ulcers or non-ulcerative STDs (e.g., chlamydia, gonorrhea) increase the concentration of cells in secretions that can serve as targets for HIV.

How do STDs accelerate the spread of HIV?

STDs appear to increase the risk of an HIV-infected person transmitting the virus to his or her sex partners. For example, men who are infected with both gonorrhea and HIV are more than twice as likely to have HIV in their genital secretions, and at higher concentrations, than someone infected only with HIV. The higher the concentration of HIV in semen or genital fluids, the more likely it is that HIV will be transmitted to a sex partner.

Genital Warts (HPV)

Human papillomavirus (also called genital warts or HPV) is the most common STD. More than 40 HPV types can infect the genital areas of males and females.



Genital warts on a man infected with HPV.

How is it spread?

HPV is passed on **through genital contact**, most often during vaginal and anal sex. HPV also may be passed on during oral sex, infecting the mouth and throat, and genital-to-genital contact (no penetration). HPV can be passed on even when the infected partner has no signs or symptoms.

What are the symptoms?

Genital warts usually appear as a small bump or groups of bumps in the genital area. They can be small or large, raised or flat, or shaped like a cauliflower. Health-care providers can diagnose warts by looking at the genital area during an office visit. Warts can appear within weeks or months after sexual contact with an infected partner — even if the infected partner has no signs of genital warts. HPV can cause **cervical cancer**, which usually does not have symptoms until it is quite advanced. For this reason, it is important for women to **get regular screening for cervical cancer**. Screening tests can find early signs of disease so that problems can be treated early, before they ever turn into cancer.

Prevention

HPV vaccine protects against the types of HPV that cause most cervical cancers. One brand of HPV vaccine also protects against some types of HPV that cause genital warts. Both men and women can get the HPV



Genital warts on a tongue of someone infected with HPV.

vaccine. Talk to your health-care provider about how to get the vaccine. It is best to be vaccinated before becoming sexually active, but the vaccine still can be beneficial even if you have been sexually active.

Treatment

There is no treatment for the virus itself, but there *are* treatments for the diseases that HPV can cause. **Visible genital warts** can be removed

with medications or treated by a health-care provider. **Cervical cancer** is most treatable when it is diagnosed and treated early. It is important that women get **routine Pap tests** to identify problems *before* cancer develops. Prevention is always better than treatment.



Vaccines can protect males and females against some of the most common types of HPV.

Viral Hepatitis

Hepatitis B is 50 to 100 times more infectious than HIV and is easily transmitted through sexual activity. As many as 75 percent of those infected with hepatitis C are unaware of their infection.

How is it spread?

Hepatitis B (HBV) is spread through infected **blood, semen** and other **body fluid**. **Hepatitis C (HCV)** is most often spread through infected blood by sharing needles but can also be spread sexually. Having an **STD or HIV, multiple sex partners** or **rough sex** appears to increase a person's risk for HCV. Also at increased risk for acquiring HCV through sex are **HIV-positive men who have sex with men**. Both HBV and HCV can be transmitted from mother to baby during delivery. The earlier in life that someone gets infected with viral hepatitis, the far greater a risk of developing chronic hepatitis and having severe liver complications later in life.

What are the symptoms?

Most infected individuals do not have symptoms. Symptoms may include vomiting, abdominal pain, dark urine, fever, grey-colored stools, joint pain and **jaundice**.

How serious are hepatitis B and C?

Some individuals are able to clear the viruses on their own. For others, the infection remains in the body and leads to **lifelong infection**. There is **treatment** available to rid the body of HCV, but not HBV. Between 15 percent and 25 percent of people with lifelong HBV infection and 75 percent and 85 percent of those with lifelong hepatitis C will develop serious liver problems including **liver damage, cirrhosis, liver failure and liver cancer**.

Prevention

A **vaccine** is available to prevent HBV infections. Those who should get vaccinated include people with **multiple sex partners**, anyone testing **positive for an STD, men who have sex with men** and **anyone having sex** with an infected partner. There is no vaccine for hepatitis C, but you can prevent infection by not sharing injection drug needles, not sharing personal items such as a razor or toothbrush, and practicing safe sex.

Herpes

Herpes is very common – one out of five women ages 14 to 49 in the U.S. has genital herpes. There is no cure for herpes.



How is it spread?

You can get genital herpes even if your partner shows no signs of the infection. Generally, a person can only get genital herpes during sexual contact with someone who has a genital herpes infection.

What are the symptoms?

Most people with genital herpes don't know they have it. If you have any symptoms (like a **sore on your genitals**, especially one that periodically recurs) laboratory tests can help determine if you have genital herpes. Most individuals with genital herpes never have sores, or they have very mild signs that they do not even notice or that they mistake for insect bites or another skin condition.

Treatment

There is no cure for herpes, but treatment is available to reduce symptoms and decrease the risk of transmission to a partner.

How Do I Protect Myself?

There are more than 25 kinds of STDs. We've only touched on a few ...

Be smart. Know the risks. And have healthy relationships.

- Wait to have sex. This is the surest way to avoid an STD.
- Get vaccinated for HPV and HBV! Make an appointment to see your health-care provider.
- Limit your number of sex partners. Having one uninfected partner who is having sex only with you can be effective in preventing STDs.
- Do not have sex while high on drugs or drunk or with people you don't know very well. Having sex under these conditions puts you at increased risk of STDs.
- Use a latex condom every time you have sex. Latex condoms, when used correctly, are an effective barrier against HIV and can reduce the spread of STDs.
- If you think you have an STD or have been told you may have been in contact with someone infected with an STD, stop having sex. Make an appointment to see your health-care provider.
- Know your HIV status! Get tested! It's free! Call 800.472.2180 or visit www.ndhealth.gov/hiv.



- NOT SURE WHERE TO GO TO GET TESTED?
- DOES IT HURT?
- IS IT CONFIDENTIAL?
- HOW MUCH DOES IT COST?
- THINK YOU MIGHT BE PREGNANT?
- I GET FREE CONDOMS?
- DO YOU HAVE OTHER QUESTIONS?

We have the answers!

North Dakota Department of Health (NDDoH)

800.472.2180 (toll-free)

701.328.2378

North Dakota HIV Hotline

800.70NDHIV

(800.706.3448)

Or call your local public health unit or health-care provider.

Websites

Find out if you are at risk for STD's and/or HIV

www.ndhealth.gov/knowyourrisk

Find a test site near you

www.findSTDtest.org

NDDoH STD

www.ndhealth.gov/std

NDDoH HIV

www.ndhealth.gov/hiv

NDDoH Viral Hepatitis

www.ndhealth.gov/disease/Hepatitis/

NDDoH family planning

www.ndhealth.gov/family-planning/

U.S. Centers for Disease Control and Prevention, National Center for HIV/AIDS,
Viral Hepatitis, STD and TB Prevention

www.cdc.gov/nchhstp/



**THERE ARE MORE
THAN 25 DIFFERENT
KINDS OF STDs**

**YOU MAY NOT
KNOW YOU HAVE
AN STD**



**1 IN 4 FEMALE
TEENS WILL GET A
COMMON STD**



NORTH DAKOTA
DEPARTMENT *of* HEALTH

STD PROGRAM
701.328.2378 or 800.472.2180
www.ndhealth.gov/STD



December 2012