



Sexually Transmitted

Infections (STI)

Central Virginia Health District provides confidential counseling, diagnosis and treatment for sexually transmitted infections (STIs).

We provide testing for HIV, syphilis, chlamydia, gonorrhea, and other STIs if necessary.

Call (434) - 477 - 5974 to schedule an appointment TODAY!

Preventing STIs:

You can help prevent sexually transmitted infections (STIs). Steps that lower the risk of getting or spreading STIs are to:

- Get key vaccines.
- Limit your number of sexual partners.
- Get tested for STIs.
- Use medicine to help prevent HIV if needed.
- Use condoms. **Visit a CVHD health department to receive FREE condoms.**
- Don't drink too much alcohol or use street drugs. Having lots of alcohol or using illegal drugs can cloud judgment.
- Consider not having sex.
- If you think you have an STI, get a healthcare checkup. See your healthcare professional if you think you might have a sexually transmitted infection or if you may have been exposed to one. Timely testing and treatment are needed to prevent or delay health problems that could be serious or life-threatening. Treatment also may be needed to prevent infecting others.

Genital herpes is a sexually transmitted infection that spreads easily. It's caused by a type of the herpes simplex virus (HSV). The virus enters the body through small breaks in the skin or mucous membranes. Most people with HSV never know they have it. That's because they have no symptoms or symptoms are too mild to be noticed. If there are symptoms, they tend to appear within 12 days of being exposed to HSV.

Gonorrhea is an infection of the genital tract caused by bacteria. Symptoms of infection in the female genital tract tend to appear within 10 days of exposure to the germs. Symptoms of infection in the male genital tract often start within five days after exposure.

Hepatitis A, hepatitis B and hepatitis C are all contagious infections that affect the liver. They each are caused by a different virus. Hepatitis B and C are more serious than hepatitis A. But each can inflame the liver.

Chlamydia is an infection of the genital tract caused by bacteria. Early on, chlamydia infections often cause few or no symptoms. If you get symptoms, they usually start 5 to 14 days after you've been exposed to chlamydia germs. The symptoms may be mild.

Trichomoniasis is a common sexually transmitted infection caused by a parasite called *Trichomonas vaginalis*. This organism spreads during sex with someone who already has the infection. It often infects the vagina, vulva or cervix. It also tends to infect the tube through which urine leaves the penis or vagina, called the urethra.

HPV infection is one of the most common types of sexually transmitted infections. Some forms of HPV greatly raise the risk of cervical cancer. Other forms cause genital warts. Most often, HPV has no symptoms.

Syphilis is an infection caused by germs called bacteria. The disease affects the genitals, skin, mouth and anus. It also can involve many other parts of the body, including the brain and heart.

HIV is an infection with the human immunodeficiency virus. HIV interferes with the body's ability to fight off viruses, bacteria and fungi that cause illness. Without treatment, it also can lead to AIDS, a chronic, life-threatening disease.

The symptoms of HIV vary by how long you've had the disease and whether you get treatment for it. Without HIV treatment, the chronic stage of HIV infection may progress to **AIDS** in about 10 years. AIDS is life-threatening.

Information in this handout is made available by Mayo Clinic. Please contact your Primary Care Physician or OBGYN before making any life altering medical decisions. Don't have a primary care provider? Connect with a CVHD Community Health Worker today.

