

TITAN TOILET TALK

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SQUEEZE ME, TEASE ME, DON'T DISEASE ME!

You finally meet that special someone. The one that you find yourself thinking about all the time. The one that you can't stand to be without!! The next thing you know is your going to have sex with this person!?!?! **WHOA!!!** Hang on there! Do you even know this person well enough? What about the people they've slept with before? Then in the back of your mind it starts to creep in, **STDs, STDs, STDs, STDs**. It gets louder and louder and louder until you realize that 50% of all people will have an STD by the time they are age 25. AAAAGGGHHH!!!!!! STDs are serious illnesses that require treatment. Some STDs, like AIDS, cannot be cured and are deadly.

What are the symptoms of STDs?

Sometimes, there are no symptoms. If symptoms are present, they may include one or more of the following:

- Bumps, sores or warts near the mouth, anus, penis or vagina
- Swelling or redness near the penis or vagina
- Skin rash
- Painful urination
- Weight loss, loose stools, night sweats
- Aches, pains, fever and chills
- Yellowing of the skin (jaundice)
- Discharge from the penis or vagina (Vaginal discharge may have an odor)
- Bleeding from the vagina other than during a monthly period
- Painful sex
- Severe itching near the penis or vagina

How do I know if I have an STD?

Talk to your healthcare provider. They can examine you and perform test to determine if you have an STD. ***If you think you have an STD, don't wait!! See your healthcare provider now!***

Treatment can:

- Cure many STDs
- Lessen the symptoms
- Make it less likely that you will spread the disease
- Help you get healthy and stay healthy

How are STDs treated?

Many STDs are treated with antibiotics. If you are given an antibiotic to treat your STD, it's important to take all of your medication, even if the symptoms go away.

How can I prevent myself from getting an STD?

- Use a latex condom every time you have sex.
- Limit your number of partners. The more partners you have, the better chance of catching an STD.
- Practice monogamy. This means having sex with only one person. That person must also have sex with only you.
- Choose your sex partners with care. Don't have sex with someone whom you suspect may have an STD. Get tested together.
- Get checked for STDs. Don't risk spreading an infection to someone else.
- Don't use drugs or alcohol before having sex. You're less likely to use a condom if you are drunk or high.
- Know the signs and symptoms of STDs. Look for them in yourself and your sex partners.

How can I prevent spreading an STD?

- Stop having sex until you see a healthcare provider and are treated.
- Follow your healthcare provider's instructions for care of the STD.
- Use condoms whenever you have sex, especially with new partners.
- Don't resume having sex unless your healthcare provider says it's okay.
- Return to your healthcare provider to get rechecked.
- Be sure your sex partner or partners are treated as well.