

# STD Testing Facts

**SEXUALLY TRANSMITTED DISEASES (STDs) ARE REALLY COMMON. BUT MANY PEOPLE WHO HAVE AN STD DON'T KNOW THEY HAVE ONE.**

## THE LOW DOWN ON STDs

Sexually transmitted diseases (STDs) are very common. In fact, 1 in 2 sexually active young people will get an STD by the age of 25. The good news - all are treatable and many are curable.

## ARE YOU STD SAVVY?

Some facts...

- You can get an STD through vaginal, anal, or oral sex, or even from skin-to-skin contact with the genital area
- 1 out of 4 sexually active teens will get an STD this year
- Roughly half of all people who get HIV are under 25
- Having an STD can increase your risk of getting HIV, if you have sex with an infected person

People who have an STD are more likely to be infected

with HIV by an infected partner .



1 in 2 sexually active people...

will get an STD by the age of 25.



## WHY GET TESTED?

Many times, people who are infected with an STD don't experience any symptoms. So a lot of people who are infected don't actually know it. But not getting treated for an STD can have serious consequences - like infertility (not being able to have children). Also, some STDs can increase your risk for certain types of cancer. The only way to know if you or anyone else has an STD is to get tested.

## WHAT'S INVOLVED IN TESTING?

If you are sexually active, you should get screened for STDs at least once a year. The type of tests you need may vary, depending on your situation. Your tests may include: a physical exam by your health care provider, a urine sample (where you pee in a cup), a blood test, or a swab with a q-tip. These tests might be a little uncomfortable, but none of them should hurt.

Sometimes treatment is prescribed right away. Other times your provider may need to send a sample away to a lab.



## STD Testing Facts continued...



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### HOW TO PROTECT YOURSELF

#### Get Educated

*For vaginal and anal sex:* Learn how to use latex condoms the right way, and use them every time. They're the only way to prevent STDs during vaginal and anal sex.

*For oral sex:* Use condoms for oral sex on a penis, and dental dams for oral sex on a vagina or anus.

*For fingering, hand jobs, and other intimate touching:* Wash your hands with soap and water after touching your partner's genitals before touching your own (and vice versa). To be extra safe, some people choose to use latex gloves. Find what works for you.

#### Get Tested

Getting tested with your partner and treating any infection, will keep you safe from the negative consequences of STDs.

#### Be Smart

Have sex with only one partner, who has been tested and is not infected, and who is only having sex with you.

#### Stay Clear

Avoid drinking alcohol and doing drugs before you have sex. It's difficult to make good decisions when under the influence.

### HOW OFTEN SHOULD I GET TESTED?

Young people who are sexually active should get tested at least once a year. It's also smart to get tested before you start a new sexual relationship, or if you are experiencing anything atypical down there. It's easy. Just ask your healthcare provider.

### WILL MY PARENTS KNOW?

In most states teens can be tested for STDs without their parents' permission. If you are under 18, ask about the clinic's privacy policies when making your appointment: Will they call you at home with test results? Will they send you a bill? Will they send any other mail? Every facility works differently - you just have to ask.

### FOR MORE INFORMATION

For more information about STDs visit:

- [www.itsyoursexlife.com/gyt/know](http://www.itsyoursexlife.com/gyt/know)
- [www.plannedparenthood.org](http://www.plannedparenthood.org)
- [www.weRnative.org](http://www.weRnative.org)

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