



Protect Yourself and Those you Love Against Sexually Transmitted Diseases (STD's)

People get STD's when they have vaginal, oral or anal sex with an infected partner. There are many different kinds of STD's and they are very common among sexually active people. Stay healthy. Know the facts.



It's better to Prevent than to Lament.

You can prevent STD's. Here are the most effective ways to keep yourself and your partners healthy.

☀ *Limit your number of sexual partners*
The fewer people you have sex with the lower your risk is of getting an STD.

☀ *Use latex condoms*
The only sure way not to get an STD is by not having sex. If you do have sex, condoms can greatly reduce your risk of getting an STD.

☀ *Get tested for STD's regularly*
Most STD's do not have symptoms. The only way to know for sure is to get tested. Most STD's can be treated.



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Did you know?

- ☀ Anyone who has sex can get an STD
- ☀ STD's can be transmitted via sexual contact including oral, anal or genital contact
- ☀ Most STD's do not have symptoms
- ☀ Most people who have STD's do not know it
- ☀ Most STD's can be cured
- ☀ Some STD's like HIV, Herpes, and HPV cannot be cured
- ☀ Pregnant women can pass STD's to their babies
- ☀ STD's left untreated can cause long term health problems



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For Spanish version visit
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