

Sexually Transmitted Infections (STIs)

Fact Sheet

PEPPERDINE | Student Health Center

Chlamydia

Facts & Statistics

- A common bacterial STI that can infect both males and females
- 2.4 million infections estimated at a given time with 4 million new infections

Risk

- See a doctor if your partner has Chlamydia or symptoms that might be Chlamydia
- If you are a woman you should be tested at least once a year if you are:
 - Younger than 25 and you're having sex
 - 25 and older and having sex with more than one partner or you have a new sex partner
 - If you are pregnant

Symptoms

- The majority of infections in women do not cause symptoms
- If you do have symptoms, you might notice:
 - Unusual discharge from your vagina
 - A discharge from your penis
 - Burning when you urinate
 - Burning or discomfort when you have sex
 - Burning or itching around the opening of your penis
 - If the infection spreads you might get lower abdominal pain, pain during sex, nausea, or fever

Treatment

- Chlamydia can be treated and cured with antibiotics
- Finish all of the medicine to be sure that you are cured, and do not share your medicine with anyone
- If you still have symptoms after treatment, go back and see your doctor
- Get tested 3 months after you finish treatment
- You can get Chlamydia again after being treated

If untreated

- Chlamydia can spread into the uterus or fallopian tubes and cause pelvic inflammatory disease (PID), a serious infection of the reproductive organs
- PID can cause damage in your fallopian tubes, and this damage may leave you unable to get pregnant or lead to an ectopic pregnancy (pregnancy outside the uterus)
- You could pass the infection to your baby when giving birth

Your partner

- Your partner may have Chlamydia, too
- Tell your recent sex partners, so they can get tested and treated
- Avoid having sex until seven days after you've both started treatment, so you don't re-infect each other

 Learn more by visiting the Centers for Disease Control and Prevention (CDC) [Chlamydia webpage](#).

Gonorrhea

Facts & Statistics

- Anyone who is sexually active can get gonorrhea, and it is more common among teens and young adults
- Many people who have gonorrhea don't know it – especially in women, the disease often has no symptoms
- You can pass gonorrhea to others without knowing it
- Gonorrhea can be cured with the right treatment
- If you do not treat gonorrhea, it can lead to serious health problems

Symptoms

- You can get gonorrhea in the anus, eyes, mouth, throat, urinary tract, or uterus
- You may not notice any symptoms
- If you do have symptoms, they vary depending on what part of your body is infected
- If you have gonorrhea in the uterus, penis, or urinary tract, you might notice these symptoms:
 - Vaginal bleeding between your periods
 - Painful or swollen testicles
 - Pain or burning when you pass urine
 - Increased vaginal discharge
- If you have gonorrhea in the rectum, you might notice these symptoms:
 - Itching, soreness, bleeding, a discharge from your rectum, or painful bowel movements
- If you have gonorrhea in the throat, you might notice that your throat is sore

Treatment

- Gonorrhea can be treated and cured with antibiotics
- Finish all of the medicine to be sure you are cured
- Don't share your medicine with anyone – you need all of it
- If you still have symptoms after treatment, go back to see your doctor
- If you are a woman and if you are sexually active and younger than 25, you should be tested for gonorrhea every year
- If you are a man and are sexually active and gay, bisexual, or have sex with men, you should be tested for gonorrhea every year

 Learn more by visiting the Centers for Disease Control and Prevention (CDC) [Gonorrhea webpage](#).

Syphilis

Facts & Statistics


- Syphilis is a sexually transmitted infection that can cause serious health problems without treatment
- Infection develops in stages, and each stage can have different signs and symptoms
- You can get syphilis by direct contact with a syphilis sore during vaginal, anal, or oral sex
- Syphilis can spread from a mother with syphilis to her unborn baby
- You **cannot** get syphilis through casual contact with objects, such as toilet seats, doorknobs, swimming pools, hot tubs, bathtubs, sharing clothing, or eating utensils

Prevention

- The only way to completely avoid STIs is to not have vaginal, anal, or oral sex
- If you are sexually active, you can do the following to lower your chances of getting syphilis:
 - Being in a long-term mutually monogamous relationship with a partner who has been tested and does not have syphilis
 - Using condoms the right way every time you have sex – condoms prevent the spread of syphilis by preventing contact with a sore

Treatment

- Syphilis is curable with the right antibiotics from your clinician; however, treatment might not undo any damage the infection can cause

 Learn more by visiting the Centers for Disease Control and Prevention (CDC) [Syphilis webpage](#).


Hepatitis C

Facts & Statistics

- Hepatitis C Virus (HCV) infection is the most common chronic bloodborne infection in the United States, with an estimated 2.4 million persons living with chronic infection
- Persons newly infected with HCV typically are either without symptoms or have a mild illness
- HCV can be detected in blood within 1-3 weeks after exposure.
- CDC recommends Hepatitis C screening at least once in a lifetime for all adults older than 18 years and for all women during each pregnancy
- Routine periodic HCV testing is recommended for persons with ongoing risk factors (e.g., injecting drug use or hemodialysis)

Treatment

- HCV infection is curable – treatment can reduce the viral load to undetectable levels which is considered cured or in remission

 Learn more by visiting the Centers for Disease Control and Prevention (CDC) [Hepatitis webpage](#).

HIV/AIDS and STDs

Facts & Statistics

- In the United States, people who get syphilis, gonorrhea, and herpes often also have HIV or are more likely to get HIV in the future
- If you get an STD, you are more likely to get HIV than someone who is STD-free
- In addition, having a sore or break in the skin from an STD may allow HIV to more easily enter your body

Risk

- Activities that can put you at a risk for STDs and HIV are:
 - Having anal, vaginal, or oral sex without a condom
 - Having multiple sex partners
 - Having anonymous sex partners
 - Having sex while under the influence of drugs or alcohol can lower inhibitions and result in greater sexual risk-taking

Prevention

- The only 100% effective way to avoid STDs is to not have vaginal, anal, or oral sex
- If you are sexually active, you can do the following things to lower your chances of getting STDs and HIV:
 - Choose less risky sex activities
 - Use a new condom, consistently and correctly
 - Reduce the number of people with whom you have sex
 - Limit or eliminate drug and alcohol use before and during sex
 - Talk to your clinician and find out if either pre-exposure prophylaxis or post-exposure prophylaxis is a good option for you to prevent HIV infection

 Learn more by visiting the Centers for Disease Control and Prevention (CDC) [HIV/AIDS & STDs webpage](#).