

Are you at risk for STD or HIV?

Chlamydia

You are at higher risk for contracting chlamydia if you:

- a. Are young – 15-29 year olds are those most frequently infected
- b. Have a new sexual partner
- c. Have multiple sex partners or your partner has multiple sex partners
- d. Have had an STD in the past
- e. You have symptoms or your partner has symptoms, which include discharge, burning with urination, abnormal vaginal bleeding or pain.

Syphilis

You are at higher risk for contracting syphilis if you:

- a. Have multiple sex partners or your partner has multiple sex partners – especially anonymous partners.
- b. Use IV drugs
- c. Are HIV positive
- d. Are a man who has sex with men
- e. Have symptoms such as a sore on your tongue, penis or vulva, a rash on your palms or feet, hair loss or shiny warts.
- f. Have had an STD in the past.

HIV

You are at higher risk for contracting HIV if you have:

- a. Ever used IV drugs, even once.
- b. Ever shared drug paraphernalia, like straws, pipes, syringes, needles, cotton, cookers or tourniquets.
- c. Have had a partner who used IV drugs or shared paraphernalia.
- d. Are a man who has sex with other males

Hepatitis B?

You are at higher risk of contracting Hepatitis B if you have:

- a. Ever used IV drugs, even once.
- b. Ever shared drug paraphernalia, like straws, pipes, syringes, needles, cotton, cookers or tourniquets.
- c. Had a partner who ever used IV drugs or shared drug paraphernalia.
- c. Ever been vaccinated with an air-gun device, especially if you are a Vietnam-era veteran.
- d. Had more than 10 sexual partners in your lifetime.
- e. Ever had a needle-stick injury where you came into contact with another person's blood.
- f. Ever had a tattoo or piercing using non-sterile equipment.
- g. Live with someone who has Hepatitis B

Hepatitis C

You are at higher risk for contracting Hepatitis C if you:

- a. Have ever used IV drugs, even once.
- b. Have ever shared drug paraphernalia, like straws, pipes, syringes, needles, cotton, cookers or tourniquets.
- c. Have had a partner who ever used IV drugs or shared drug paraphernalia.

- d. Have ever been vaccinated with an air-gun device, especially if you are a Vietnam-era veteran.
- e. Have had more than 10 sexual partners in your lifetime.
- f. Have ever had a needle-stick injury where you came into contact with another person's blood.
- g. Have ever had a tattoo or piercing using non-sterile equipment.
- h. Are a male who has sex with males
- i. Are HIV positive
- j. Your mom had HCV when she was pregnant with you.
- k. Had a blood or blood product transfusion before 1992.
- l. Had sexual relations with someone who has Hepatitis C.

If you answered yes to any of the questions listed above, you may be at risk for Hepatitis C infection. You should get tested at your doctor's office or at the Health Department.

Resources for Hepatitis C

Here are some resources where you can go for more information about Hepatitis C:

www.hcvadvocate.org

www.hepfi.org

www.liverfoundation.org

www.hepc-connection.org

How does herpes affect pregnancy?

Most pregnant women who have herpes have healthy pregnancies and successful vaginal deliveries. The health care provider should be alerted to the possibility of a herpes infection so she or he can keep an eye out for any outbreak that might occur in the birth canal. If an outbreak is present at the time of delivery, a caesarean section may be performed to avoid exposing the infant during delivery. Although complications are rare, the greatest risk is if a woman has her first outbreak while she is pregnant or if an infant is exposed to the virus during delivery. For more information about herpes, click here:

http://www.ashstd.org/herpes/herpes_overview.cfm

So, what's the connection between HIV and other STDs?

When someone is diagnosed with one STD, the Centers for Disease Control and Prevention recommend testing for other STDs as well. The risk behavior that allowed transmission of one STD may have put a person at risk for others. STDs may also make a person more vulnerable to contracting HIV, the virus that causes AIDS. Some STDs like herpes or syphilis may cause sores that cause breaks in the skin, creating added places for body fluids to enter these areas. Healthy skin may provide a more protective barrier. For more information on this connection, click here:

<http://www.cdc.gov/std/hiv/default.htm>

What is the connection between HPV and genital warts?

HPV stands for human papilloma virus. It's the virus that causes warts of all kinds, such as those commonly found on the hand. There are over 80 different strains of HPV, and each strain infects a specific type of skin. Certain strains of HPV infect skin in the genital area only. These strains may cause warts in the genital area--or, genital warts. Many people who have HPV don't know it because the virus often causes no symptoms. Warts are the common symptom caused by HPV infection. Genital warts can be flesh colored, white, or grey and vary in size; they can be flat or

raised above the skin in a cauliflower-like formation. Just like warts elsewhere on the body, genital warts are usually benign, which means they aren't likely to cause health complications. Treatment of physical warts includes different measures to remove the symptoms from the surface of the skin. Some treatments include mild acid treatments that can be applied directly to the skin or cryotherapy (freezing with liquid nitrogen) which can be performed by a health care provider. Some patients may choose not to have the growths removed. Decisions about treatment should be made with a health care provider. Once symptoms are removed, transmission from the skin may still be possible. Warts may also re-grow. Some strains of HPV primarily infect the cervix and usually do not cause warts. These same strains have been strongly associated with cervical dysplasia and cervical cancer. Regular pap smears play an important role in detecting cell changes related to HPV and in providing early treatment. HPV does not always cause cervical cancer, but it is an added risk factor for women. Treatment of the cervix includes either mild acid applications or cryotherapy. The goal of treatment is to remove the abnormal cells. Frequent pap smears are important in monitoring the cell growth after treatment. HPV is transmitted during sexual contact when infected genital skin rubs against uninfected genital skin. HPV is not passed through body fluids, and getting HPV in the mouth through oral sex is unlikely. Preventing transmission requires barrier protection. Latex condoms or female condoms will protect the skin that they fully cover. It is important to know that genital warts can infect skin outside of the areas that would be covered by a condom. Abstaining from genital skin to genital skin contact is the only way to ensure protection from the virus. For more information on HPV/Genital Warts click here: http://www.ashastd.org/hpv/hpv_overview.cfm

How do you prevent STDs?

Not having sex is the only way to completely prevent contracting a sexually transmitted disease. It is important to note that passing STDs does not require penetration of the mouth, vagina, or anus by the penis or tongue. Simple genital to genital skin rubbing is sometimes enough to allow viruses or bacteria to be passed. Knowing how to protect yourself most effectively is important. Latex condoms are recommended for oral, anal, or vaginal sex. They can be purchased in most drug stores or supermarkets. Make sure the package says they are latex. You can purchase condoms that are already lubricated and you can buy water-based lubricants separately in the drug store. Use latex condoms only with water-based products. Lubricants that are oil-based like petroleum jelly or hand lotion weaken latex, making it more likely to break and decreasing its protective value. For vaginal sex, the female condom is another prevention option. It is a soft pouch made of polyurethane that a woman inserts in the vagina before sex. Like male latex condoms, the female condom should be used only once and then thrown away. For oral sex, latex dental dams (available in most adult book stores or medical supply stores) regular household plastic wrap, or unlubricated latex condoms can all be used as moisture barriers between the mouth and a partner's vagina, anus, or penis. STDs such as HIV and hepatitis B that are transmitted through body fluid exchange can be passed by sharing intravenous drug needles with an infected person. If you are an IV drug user, do not share needles or click here to see proper needle cleaning procedure that reduces the risk of transmission.

If you are at risk, get tested! For testing sites and more information, visit <http://www.nakedtruth.idaho.gov/other-resources.aspx>

**For additional information,
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