

# APPENDIX F:

## Information on Sexually Transmitted Infections (STIs) or Sexually Transmitted Diseases (STDs)

DISEASE	HOW YOU GET IT	SYMPTOMS	TREATMENT	PARTNERS
<p><b>Chlamydia</b></p> <p>Infection of mucous membranes lining the genitals, throat, or rectum; can lead to pelvic inflammatory disease in women and infertility in men and women.</p>	<p>By having unprotected anal, vaginal, or oral, sex with someone who has the infection; from mother to child (eye and lung infections).</p>	<p>Women and men may have no symptoms. Women may have pain with sexual intercourse, lower abdominal pain, or change in menstruation pattern. Men may have clear, watery discharge from penis, pain when urinating.</p>	<p>Antibiotics</p>	<p>Recent sexual partners need to be tested and treated if positive. Doctors can prescribe or give medication to patients to give to their partners. This is called Expedited Partner Therapy (EPT). Current health recommendations advise no sex until the infection has been treated. If one does have sex, he or she must use a condom.</p>
<p><b>Gonorrhea</b></p> <p>Bacterial infection of genitals, throat, or rectum; can lead to infertility in both men and women. In rare cases can cause fever, arthritis and rash.</p>	<p>By having unprotected anal, vaginal, or oral sex with someone who has the infection; from mother to child.</p>	<p>Women usually have no symptoms, but may have pain with sex, vaginal discharge, and lower abdominal pain. Men may have no symptoms, or may have a thick, yellow discharge from penis, pain in testicles, or pain when urinating. Men or women who have anal sex may have discharge from rectum and pain with bowel movements.</p>	<p>Antibiotics. Some types of gonorrhea may be resistant to treatment so it is important to tell the doctor if the symptoms do not get better after treatment.</p>	<p>Recent sexual partners need to be tested and treated if positive. Current health recommendations advise no sex until the infection has been treated. If one does have sex, he or she must use a condom.</p>
<p><b>Syphilis</b></p> <p>Bacterial infection entering the body through breaks in the skin or linings of the genital area; can damage internal organs (heart, brain, spinal cord) at late stage.</p>	<p>By having unprotected anal, vaginal, or oral sex with someone who has the infection; from mother to child across placenta during pregnancy (causes congenital syphilis with mental retardation and physical deformities of the child).</p>	<p>Painless ulcer (chancere) usually on genitals, but can be in the rectum or mouth. Ulcer heals and is followed by swollen glands, rash (often on palms of hands and soles of feet), and/or hair loss. If untreated, it stays in the body and can cause nervous system, heart disease, and other problems years later.</p>	<p>Antibiotics with follow-up blood tests</p> <p>Often treated with penicillin. Other treatment available for people allergic to penicillin.</p>	<p>Recent sexual partners need to be tested and treated if positive. Current health recommendations advise no sex until the infection has been treated. If one does have sex, he or she must use a condom.</p>

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<p><b>Genital Herpes</b></p> <p>Herpes simplex virus causes cold sore-like infection usually on the mouth and lips (cold sores), or on the genitals.</p>	<p>Close contact with skin or mucous membranes with someone with the virus; from mother to child. Herpes can be transmitted even if the infected partner does not have a sore or lesion.</p>	<p>Painful, red blisters, little sores or ulcers, flu-like symptoms, and sometimes a discharge.</p>	<p>Not curable. Anti-herpes drug to promote healing, shorten the length of an outbreak, and to suppress subsequent outbreaks, and pain relief.</p>	<p>Partners may or may not become infected with herpes. Do not have sex when open sores are present. Condoms provide some protection.</p>
<p><b>Human Papillomavirus (HPV)/Genital Warts</b></p> <p>HPV is the most common STD.</p>	<p>Through all kinds of sex, including skin-to-skin contact.</p> <p>HPV is preventable with a vaccine that protects against the two most serious types of HPV. Vaccine is recommended for females, ages 11-26, and males ages 11-21. Ask your doctor or health care provider or call 311 for a clinic where you can get a free vaccine.</p>	<p>Small warts around the vulva and vagina, penis and/or anus.</p> <p>HPV can cause cancer of the vulva, vagina, and cervix (the entrance to the uterus) in women, penile cancer in men, and anal or throat cancers in women or men.</p>	<p>90 percent of people who get HPV clear the virus from their body without treatment.</p> <p>Genital warts can be removed by a doctor or health care provider. People who are having sex should see a doctor or health care provider to be checked for HPV or other STDs.</p>	<p>Not everyone with HPV has warts or signs of infection. Even without symptoms they can still pass the virus to a partner.</p>
<p><b>Non-Gonococcal Urethritis (NGU)</b></p> <p>Infections that cause inflammation of the urethra; variety of bacteria, viruses or other organisms.</p>	<p>By having unprotected anal, vaginal, or oral sex.</p>	<p>Women usually have no symptoms. Men may have discharge from penis or pain or tingling when urinating, but often have no symptoms.</p>	<p>Antibiotics</p>	<p>Recent sexual partners need to be tested and treated if positive. Current health recommendations advise no sex until the infection has been treated. If one does have sex, he or she must use a condom.</p>
<p><b>Trichomoniasis Vaginalis</b></p> <p>A small parasitic organism causes irritation in the vagina in women and can cause non-specific urethritis in men.</p>	<p>By having vaginal sex without a condom.</p>	<p>Women may have no symptoms or there may be a yellowy-green frothy vaginal discharge, sometimes malodorous. Men usually have no symptoms until non-specific urethritis develops.</p>	<p>Antibiotics</p>	<p>Recent sexual partners need to be tested and treated if positive. Current health recommendations advise no sex until the infection has been treated. If one does have sex, he or she must use a condom.</p>

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<p><b>Hepatitis A Virus (HAV)</b></p> <p>Viral infection that affects the liver. It is a temporary infection only and once a person has recovered, natural immunity develops.</p> <p>Hepatitis A can be dangerous if someone is medically fragile or has liver disease.</p> <p>(See Appendix G).</p>	<p>Mainly through fecal contaminated food or water in developing countries with poor sanitation systems.</p> <p>Can be transmitted through contact with feces during sex. It is not passed from person to person through sexual fluids or blood.</p>	<p>Often no symptoms in children. Some children, adolescents and many adults may have flu-like symptoms including vomiting, diarrhea or abdominal pain, and sometimes dark urine, and yellowing of skin and whites of eyes.</p>	<p>The hepatitis A Vaccine is provided in 2 doses and is the most effective way to prevent infection.</p> <p>During the active phase of the infection, rest, water and avoidance of alcohol are recommended. Check with a medical provider before taking any over-the-counter or prescribed medications.</p>	<p>Household and sexual partners should be vaccinated.</p> <p>The infected person should be very careful to practice good hygiene (wash hands) and not allow anyone to come in contact with their feces through sexual practices or personal care.</p>
<p><b>Hepatitis B Virus (HBV)</b></p> <p>People with strong immune systems can usually fight off hepatitis B infection during the acute phase (first 6 months) and then develop natural immunity.</p> <p>People with undeveloped immune systems (infants, small children) or weak immune system (HIV+ or other serious medical condition) have a harder time fighting off hepatitis B and can develop chronic (lifelong) infection.</p> <p>Chronic hepatitis B can cause scarring of the liver tissue, serious liver damage, liver failure, and liver cancer, and can be fatal.</p> <p>(See Appendix G).</p>	<p>Hepatitis B is transmitted through blood and sexual fluids (semen, vaginal fluids).</p> <p>Most chronically infected people in the world got hepatitis B from their mother during childbirth.</p> <p>Transmitted through sex (vaginal or anal); sharing of injection drug use equipment; or sharing of personal care items that may have blood or sexual fluids on them (razors, clippers, toothbrushes, tattoo or piercing equipment, sex toys)</p>	<p>Often no symptoms. If there are symptoms, they may include: flu-like illness or vomiting, fatigue, abdominal pain, dark urine, and yellowing of skin and whites of the eyes. Approximately 15-25 percent of people with hepatitis B may progress to chronic hepatitis, cirrhosis or liver cancer.</p>	<p>The hepatitis B vaccine, provided in 3 doses, offers the best protection.</p> <p>People infected with hepatitis B should find a liver medical specialist and go to medical appointments to monitor the liver 2 times a year.</p> <p>There are medications to treat hepatitis B; antiviral therapy if progresses to chronic hepatitis.</p> <p>Avoid Alcohol.</p>	<p>Household members and sexual partners of people infected with hepatitis B should get the full vaccine series and also get tested to ensure the vaccine was effective.</p> <p>Ensure others do not come in contact with infected person's' blood or sexual fluids by practicing safer sex (condoms) and harm reduction (never sharing any drug use equipment). Do not share personal care items (razors, clippers, toothbrushes, tattoo or piercing equipment)</p>

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<p><b>Hepatitis C Virus (HCV)</b></p> <p>Viral infection that affects the liver.</p> <p>Most people who are infected with hepatitis C will develop chronic infection.</p> <p>Chronic hepatitis C can cause scarring of the liver tissue, serious liver damage, liver failure, or liver cancer, and can be fatal.</p> <p>(See Appendix G).</p>	<p>Hepatitis C is transmitted through blood.</p> <p>Highest risk is sharing of injection drug use equipment.</p> <p>Other possible risks are sharing tattoo or piercing equipment; sex involving blood or tearing of skin (rough or anal sex); fighting where blood is drawn; and sharing of personal care items (razors, straight edge blades).</p>	<p>Painful, red blisters, little sores or ulcers, flu-like symptoms, and sometimes a discharge.</p>	<p>Not curable. Anti-herpes drug to promote healing, shorten the length of an outbreak, and to suppress subsequent outbreaks, and pain relief.</p>	<p>Partners may or may not become infected with herpes. Do not have sex when open sores are present. Condoms provide some protection.</p>
<p><b>Pubic Lice - Crabs</b></p> <p>Small lice that live in the pubic hair; can cause irritation and secondary infections.</p>	<p>By close body contact usually during sex with an infected person; can be spread via infected bedding and clothing.</p>	<p>Intense itching in the pubic area, small nits (eggs) on pubic hair.</p>	<p>Special shampoo, cream, or spray applied to pubic area. Wash all clothing and bed linen.</p>	<p>Sexual partners in the three months prior to diagnosis should be treated in the same way at the same time.</p>
<p><b>Scabies</b></p> <p>Small mites that burrow into the skin and cause irritation.</p>	<p>By close body contact sometimes during sex; can be spread by sharing clothes or bedding.</p>	<p>Itching that is worse at night, and a rash on the body.</p>	<p>Special lotion, cream or ointment. Wash all clothing and bed linen.</p>	<p>Sexual partners in the three months prior to diagnosis should be treated in the same way at the same time.</p>
<p><b>Bacterial Vaginosis</b></p> <p>Overgrowth of certain bacteria in the vagina changes the pH of the vagina and causes a discharge.</p>	<p>It may be brought on by anything that changes the balance in the vagina, e.g., menstruation, douching, use of feminine hygiene products, new sexual partners, increased sexual activity.</p>	<p>Grayish white, smelly vaginal discharge.</p>	<p>Antibiotics</p>	<p>No treatment indicated for partners.</p>