



How do I know if I have an STI?

The only way to know for sure is by getting tested. You can ask to be tested for STIs in any of our clinics. STI testing could include:

- Urine test.
- Cheek swab.
- Blood test.
- A fluid sample from skin sores.
- A discharge or cell sample from your body (usually the vagina, urethra, cervix, penis, anus or throat).



STI testing is mostly painless. You might feel a small pinch during a blood test or a sting from a swab touching a sore.

How do I prevent getting an STI?



Not having vaginal, anal or oral sex



Using condoms if you have vaginal, anal or oral sex



Having fewer partners. Agree to only have sex with one person who agrees to only have sex with you



Talking with your partner(s) about STIs and staying safe before having sex



Get tested frequently



Can STIs be treated?

Yes! The goal of the treatment is to:

- Cure many (not all) STIs.
- Lessen your symptoms.
- Reduce your likelihood of spreading the infection.
- Help you get healthy and stay healthy.

Treatment for STIs could include taking medications like:

- Antibiotics.
- Antivirals.

You can take these medicines by mouth, or a provider will give you an injection.

Remember, the only way to know if you have an STI is to get tested.

between us

@betweenushealthmn

www.hennepinhealthcare.org/between-us/

612-368-1611

Text us if you need a confidential appointment.

LET'S TALK about STIs

Sexually Transmitted Infections (STIs) are all the infections you can get through any sexual contact involving the penis, vagina, mouth, or anus.



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Most common STIs and their symptoms

Many times, STIs can have no symptoms at all. If you do have symptoms, these would be:

Name of STI	Duration of appearance of symptoms	Symptoms
Chlamydia	One to three weeks and can even start later	<ul style="list-style-type: none"> • Burning or itching of the genitals • Abnormal vaginal discharge from vagina or penis • Painful urination
Genital herpes	Four to seven days and, sometimes, months or years later	<ul style="list-style-type: none"> • Fluid-filled blisters known as herpes sores that ooze and later crust, followed by healing • Tingling or burning sensation a day before the sores appear • Fever and chills
Genital Warts	Three weeks to several months or years later	<ul style="list-style-type: none"> • Small, itchy, or painful bumps on the genitals or around the anus
Gonorrhea	Two weeks	<ul style="list-style-type: none"> • Burning during urination • Vaginal or urethral discharge • Pelvic pain in people with a uterus • Swelling of the testicles and discharge from the penis
Syphilis	Usually two to three weeks	<ul style="list-style-type: none"> • A round, firm, painless sore on the genitals or anal area • Rash on the soles of the feet, palms, or other parts of the body • Enlarged lymph nodes, fever, fatigue, and hair loss
Human immunodeficiency syndrome - AIDS	two to six weeks	<ul style="list-style-type: none"> • Flu-like symptoms • Swollen lymph nodes • Rash • Night sweats • Sore throat • Recurrent mouth ulcers • Unintentional rapid weight loss • Diarrhea lasting for more than a week • Sores on the genitals or anus