



IF I HAVE QUESTIONS, WHO CAN ANSWER THEM?

If you have questions, contact your local health department (LHD). LHDs provide free, confidential STI testing and prevention services. Scan the QR code below to locate your local health department.



SOME OF THE MOST COMMON STIS ARE:

- Gonorrhea.
- Chlamydia.
- Syphilis.
- Human Papillomavirus (HPV).
- Trichomoniasis.
- Human Immunodeficiency Virus (HIV).
- Genital Herpes.

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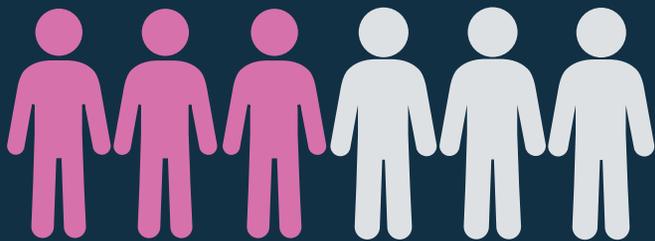
STI PREVENTION FOR YOUNG ADULTS



WHAT ARE STIS?

Sexually transmitted infections (STIs), also known as sexually transmitted diseases (STDs), are passed from one person to another during vaginal, anal and oral sex. They are common and many people do not realize when they have been infected with an STI. All STIs can be treated and most STIs can be cured. Left untreated, STIs can lead to serious health problems so it is very important to get tested and treated if you think you have been exposed.

**15-24
YEAR OLDS
ACCOUNT FOR
HALF OF
ALL STI
DIAGNOSES.**



HOW TO PREVENT STIs

The only certain way to avoid STIs is to not do anything that involves body fluids or skin-to-skin contact with another person. There are ways to protect yourself from STIs if you decide to have sex.

BARRIER PROTECTION

Using barrier protection, such as internal and external condoms or dental dams every time you have sex is the best way to prevent getting or spreading STIs. Sex barriers protect you and your partners by preventing contact with body fluids that can carry infections.

Be sure to follow the instructions on the box for how to properly use the protection. Keep in mind that condoms made of lambskin or other animal membranes **DO NOT** protect against STIs. Only synthetic condoms (latex or plastic) prevent the spread of infections.

LIMIT YOUR SEX PARTNERS

It's best to have sex with one person who agrees to only have sex with you. If you are not in a monogamous relationship, make sure you know all of your sexual partners' current STI status.

GET TESTED

Getting tested helps prevent the spread of STIs and helps keep you healthy. Always get tested before having sex with a new partner and ask your partner about their STI status. In Michigan, young people have a right to confidential visits with a health care provider for sexual health care. Talk to your provider or visit your local health department to learn about options.

KNOW THE SYMPTOMS

Most infections have no signs or symptoms. The signs and symptoms will also depend on which STI you have. These are the common symptoms to watch for:

- Sores on the mouth, genitals, rectal areas, hands, feet or torso.
- Burning or pain during urination or sex.
- Discharge from the penis or vagina.
- Swelling of the glands in your groin.

You are able to spread STIs to partners even when you do not have symptoms. The only way to know for sure if you have an STI is to get tested.