English

Hepatitis A

Hepatitis A is a liver infection that is caused by a germ (*virus*). Hepatitis A can spread from person to person. This means it is contagious.



What are the causes?

This condition is caused by a germ. The germ may be spread when you:

- Eat food or drink water that has the germ in it (is *contaminated*).
- Have sex with someone who has the germ.
- Touch poop (*stool*) from an infected person and then touch your mouth with your hands.

What increases the risk?

The following factors may make you more likely to get this condition:

- Having contact with needles or syringes that have the germ in them. This may happen when you inject drugs.
- Not being able to get clean water or food.
- Working at a day care or nursing home where you may touch poop.
- Having HIV, AIDS, or long-term liver disease.
- Living in or traveling to countries where this infection is common.
- Being a male who has sex with other males.
- Having oral, vaginal, or anal sex with someone who has the germ.
- Having a bleeding disorder.

What are the signs or symptoms?

- Not wanting to eat as much as normal.
- Fever or feeling tired.
- Feeling like you may vomit or you vomit.
- Belly pain.
- Dark yellow pee, light-colored poop, or both.
- Your skin or the white parts of your eyes turn yellow (*jaundice*).
- Itchy skin.
- Joint pain.

Often, there are no symptoms.

How is this treated?

This condition usually goes away on its own after many weeks or months.

Very bad cases are rare. If your illness is very bad, you may need hospital care.

Follow these instructions at home:

Medicines

- Take over-the-counter and prescription medicines only as told by your doctor.
- **Do not** take any over-the-counter medicines that have acetaminophen.

Activity

- Get lots of sleep.
- Return to your normal activities as told by your doctor. Ask your doctor what activities are safe for you.
- Ask your doctor when you may return to school or work.

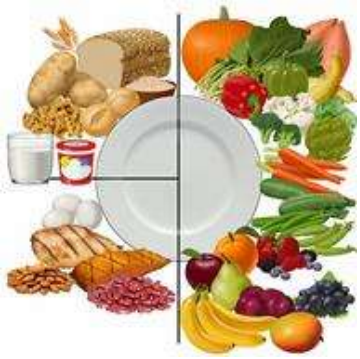
Lifestyle

- **Do not** smoke or use any products that contain nicotine or tobacco. If you need help quitting, ask your doctor.
- Until your doctor says that you can:
  - **Do not** have sex.
  - **Do not** drink alcohol.
  - Avoid swimming and using hot tubs.



General instructions

- Eat a healthy diet with plenty of:
  - Fruits and vegetables.
  - Whole grains.
  - Low-fat (*lean*) meats.
  - Non-meat proteins, such as beans or tofu.
- Wash your hands often with soap and water for at least 20 seconds. If you cannot use soap and water, use hand sanitizer. Make sure you wash your hands:
  - After you use the bathroom.
  - After you change diapers.
  - Before you touch food or water.



- Tell your doctor about all the people you live with or have close contact with. They may need the hepatitis A vaccine.
- Follow instructions about how to avoid spreading the germ.
- Keep all follow-up visits.

How is this prevented?

- Get the hepatitis A vaccine.
- If you were exposed to the germ, your doctor may want you to get one of the following:
  - Human immunoglobulin. This fights germs in the body.
  - The hepatitis A vaccine. Even if you got this vaccine as a child, a booster shot may help.
- Wash your hands often with soap and water for at least 20 seconds.
- If you travel to a developing country:
  - Avoid food that is raw or not cooked enough.
  - Drink bottled water only.

    - Use bottled water to brush your teeth, make ice, and wash foods.
- Use a condom during vaginal, oral, or anal sex. Latex condoms work best.

Where to find more information

- Centers for Disease Control and Prevention: www.cdc.gov/hepatitis
- World Health Organization: www.who.int

Contact a doctor if:

- You have a fever or chills.
- Your symptoms get worse.

Get help right away if:

- You cannot eat or drink.
- You cannot eat or drink without vomiting.
- You feel confused.
- You have yellowing of the skin and the whites of your eyes that gets worse.
- You are very sleepy.
- You have trouble waking up.
- You bleed or bruise often.

Summary

- Hepatitis A is a liver infection that is caused by a germ (*virus*).
- The germ can be spread by eating food or drinking water that has the germ in it.
- Take all medicine only as told by your doctor.
- Wash your hands often with soap and water for at least 20 seconds. This helps to prevent infection.

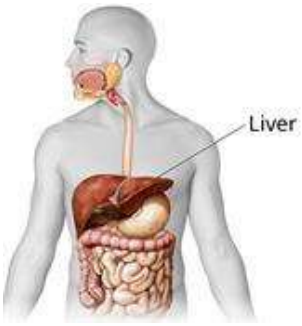
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English

Hepatitis B

Hepatitis B is a liver infection that is caused by a germ (*virus*). Hepatitis B can spread from person to person. This means it is contagious.



There are two kinds of hepatitis B:

- Acute hepatitis B. This may last for 6 months or less.
- Long-term, or chronic, hepatitis B. This lasts for more than 6 months. It can lead to serious liver problems.

What are the causes?

This condition is caused by a germ. The germ may spread through:

- Contact with the body fluids of someone who has the germ. This includes:
  - Blood.
  - Breast milk.
  - Tears or saliva.
  - Semen or fluids from the vagina.
- Childbirth. A woman can pass the germ to her baby during birth.

What increases the risk?

- Having contact with needles or syringes that have the germ on them. This may happen when you:
  - Inject drugs.
  - Get a tattoo or body piercing.
  - Get a treatment that puts thin needles in your skin (*acupuncture*).
- Having sex with someone who has the germ and not using a condom.
- Living with or having close contact with a person who has the condition.
- Working in a job where you have contact with blood or body fluids.
- Traveling to a country where this condition is common.
- Getting treatment to clean your blood (*kidney dialysis*).
- Having been given donated blood (*blood transfusion*) or an organ transplant.

What are the signs or symptoms?

- Not feeling hungry.
- A fever.
- Feeling very tired.
- Feeling like you may vomit or you vomit.
- Belly pain.
- Dark yellow pee (*urine*).
- Your skin or the white parts of your eyes look yellow (*jaundice*).
- Poop (*stool*) that is a light color.
- Joint pain.

How is this treated?

Treatment may include antiviral medicine. This may help:

- Lower your risk of serious liver problems.
- Lower the risk you will spread the germ to others.

You will need to avoid taking certain medicines that can lead to liver damage.

Follow these instructions at home:

Medicines

- Take over-the-counter and prescription medicines only as told by your doctor.
- If you were prescribed an antiviral medicine, take it as told by your doctor. **Do not** stop taking it even if you start to feel better.
- **Do not** take:
  - Over-the-counter medicines that have acetaminophen in them.
  - New medicines unless your doctor says that this is okay. This includes over-the-counter medicines or supplements.

Activity

- Rest as needed.
- **Do not** have sex until your doctor says this is okay.
- Return to your normal activities as told by your doctor. Ask your doctor what activities are safe for you.
- Ask your doctor when you may return to school or work.
- Avoid swimming and using hot tubs until your doctor says this is okay.

Eating and drinking

- Eat a healthy diet. Eat plenty of:
  - Fruits and vegetables.
  - Whole grains.
  - Low-fat (*lean*) meats or non-meat proteins, such as beans or tofu.
- Drink enough fluids to keep your pee pale yellow.
- **Do not** drink alcohol.





General instructions

- **Do not** share any of these:
  - Toothbrushes.
  - Nail clippers.
  - Razors.
- Wash your hands often with soap and water for at least 20 seconds. If you cannot use soap and water, use hand sanitizer.
- Tell your doctor about people you live with or have close contact with. They may need the hepatitis B vaccine.

- Cover any cuts or open sores on your skin.
- Follow instructions about how to not spread the germ.
- Keep all follow-up visits.

How is this prevented?

- Get the hepatitis B vaccine.
- If you were exposed to the germ, your doctor may want you to get one of these:
  - Human immunoglobulin. This fights germs in the body.
  - The hepatitis B vaccine. Even if you got this vaccine as a child, a booster shot may help.
- Wash your hands often with soap and water for at least 20 seconds.
- Use a condom every time you have vaginal, oral, or anal sex.
- **Do not** share needles or syringes.
- **Do not** handle blood or body fluids without gloves or other protection.
- Avoid getting tattoos or piercings in shops that are not clean.

Where to find more information

- Centers for Disease Control and Prevention: www.cdc.gov/hepatitis
- World Health Organization: www.who.int

Contact a doctor if:

- You get a rash.
- Your skin or the whites of your eyes turn yellow or turn more yellow than they were before.
- You have a fever or chills.

Get help right away if:

- You are not able to eat or drink.
- You feel confused.
- You have trouble breathing.
- You have swelling in any of these areas:
  - Skin.
  - Throat.
  - Mouth.
  - Face.
  - Belly.
- You have a seizure.
- You get very sleepy, or you have trouble waking up.

These symptoms may be an emergency. Get help right away. Call your local emergency services (911 in the U.S.).

- **Do not wait to see if the symptoms will go away.**
- **Do not drive yourself to the hospital.**

Summary

- Hepatitis B is a liver infection that is caused by a germ (*virus*).
- The germ can spread from person to person.
- **Do not** take any new medicines unless your doctor says that this is okay.

- Wash your hands often with soap and water for at least 20 seconds. This helps to prevent infection.

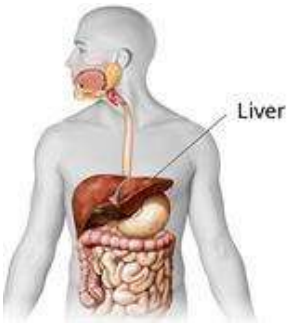
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English

Hepatitis C

Hepatitis C is a liver infection that is caused by a virus. Many people have no symptoms or only mild symptoms. Hepatitis C is contagious. This means that it can spread from person to person. Over time, the infection can lead to serious liver problems.



What are the causes?

This condition is caused by a virus. It can spread through:

- Contact with body fluids from someone who has the virus. This includes:
  - Blood.
  - Semen or vaginal fluids.
- Childbirth. A woman can pass the virus to her baby during birth.
- Blood or organ donations that were done in the United States before 1992.

What increases the risk?

- Having contact with needles or syringes that have the virus on them. This may happen when you:
  - Get acupuncture. This is a treatment that puts thin needles through your skin.
  - Get a tattoo or body piercing.
  - Inject drugs.
- Having sex with someone who has the virus. The virus can be passed through vaginal, oral, or anal sex.
- Getting treatment to clean your blood (*kidney dialysis*).
- Having HIV or AIDS.
- Having a job that puts you in contact with blood or body fluids.

What are the signs or symptoms?

- You feel very tired.
- You are not hungry.
- You feel like you may vomit or you vomit.
- You have pain in your belly or fluid builds up in your belly.
- Your pee is dark yellow.
- Your skin or the white parts of your eyes look yellow (*jaundice*).
- Your skin is itchy.
- Your poop is light in color.
- You have joint pain.
- You bleed or bruise often.

Often, there are no symptoms.

How is this treated?

Treatment may depend on your condition and whether you have liver damage. Treatment may include:

- Taking antiviral medicines and other medicines.
- Having follow-up treatments every 6–12 months for liver problems.
- Getting a new liver from a donor. This is called a liver transplant.

Follow these instructions at home:

Medicines

- Take over-the-counter and prescription medicines only as told by your doctor.
- If you were given an antiviral medicine, take it as told by your doctor. **Do not** stop using the antiviral even if you start to feel better.
- **Do not** take any new medicines unless your doctor says that this is okay. This includes over-the-counter medicines and supplements.

Activity

- Rest as needed.
- **Do not** have sex until your doctor says this is okay.
- **Do not** swim or use hot tubs if you have open sores or wounds.
- Return to your normal activities as told by your doctor. Ask your doctor what activities are safe for you.
- Ask your doctor when you may go back to school or work.

Eating and drinking

- Eat a balanced diet. Eat plenty of:
  - Fruits and vegetables.
  - Whole grains.
  - Lean meats or non-meat proteins, such as beans or tofu.
- Drink enough fluid to keep your pee pale yellow.
- **Do not** drink alcohol.



General instructions

- **Do not** share toothbrushes, nail clippers, or razors.
- Wash your hands often with soap and water for at least 20 seconds. If you do not have soap and water, use hand sanitizer.
- Cover any cuts or open sores on your skin.
- Keep all follow-up visits. You may need follow-up visits every 6–12 months.

How is this prevented?

- Wash your hands often with soap and water for at least 20 seconds.
- **Do not** share needles or syringes.
- Use a condom every time you have vaginal, oral, or anal sex. Latex condoms should be used, if possible.
- **Do not** handle blood or body fluids without gloves or other protection.
- Avoid getting tattoos or piercings in shops that are not clean.

Where to find more information

- Centers for Disease Control and Prevention: www.cdc.gov

- World Health Organization: www.who.int

Contact a doctor if:

- You have a fever or chills.
- You have belly pain.
- Your pee is dark.
- Your poop is a light color or tan.
- You have joint pain.

Get help right away if:

- You feel more tired.
- You do not feel like eating.
- You cannot eat or drink without vomiting.
- Your skin or the whites of your eyes turn yellow or turn more yellow than they were before.
- You bruise or bleed easily.

Summary

- Hepatitis C is a liver infection that is caused by a virus.
- Over time, this can lead to serious liver problems.
- The virus is contagious. This means that it can spread from person to person through blood, semen, or vaginal fluids.
- **Do not** take any new medicines unless your doctor says that this is okay.

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English

Chlamydia Test

Why am I having this test?

Chlamydia is a common sexually transmitted infection (STI), especially in people younger than 25 years old. Chlamydia may be associated with other STIs, such as gonorrhea. In some cases, there are no symptoms, especially early in the infection. Your health care provider may test you for chlamydia if you:

- Are sexually active.
- Have another STI.
- Have possible symptoms of chlamydia infection, such as pelvic pain or discharge.

What is being tested?

This test checks for the presence of the bacteria *Chlamydia trachomatis*, which causes chlamydia infection.

What kind of sample is taken?



Depending on your symptoms, your health care provider may collect one of the following samples:

- A urine sample. This is collected in a germ-free (*sterile*) container that is given to you by your health care provider or the lab where the urine will be examined and tested.
- A fluid sample. This may be collected by swabbing one of the following:
  - The vagina or the lower part of the uterus (*cervix*), if this applies.
  - The part of your body that drains urine from your bladder (*urethra*).
  - The upper part of your throat behind the nose (*nasopharynx*).
  - The rectum.



Tell a health care provider about:

- All medicines you are taking, including vitamins, herbs, eye drops, creams, and over-the-counter medicines.
- Any surgeries you have had.
- Any medical conditions you have.
- Whether you are pregnant or may be pregnant, if this applies.

How are the results reported?

Your test results will be reported as either positive or negative for chlamydia.

It is up to you to get your test results. Ask your health care provider, or the department that is doing the test, when your results will be ready.

What do the results mean?

A positive result means that you have a chlamydia infection. A negative result is normal and means that you do not have a chlamydia infection.

Talk with your health care provider about what your results mean.

Questions to ask your health care provider

Ask your health care provider, or the department that is doing the test:

- When will my results be ready?
- How will I get my results?
- What other tests do I need?

Summary

- This test may be done to see if you have chlamydia, which is a common sexually transmitted infection (STI).
- Depending on your symptoms, your health care provider may collect samples of urine or fluid. The fluid sample is collected by swabbing your vagina, cervix, urethra, nasopharynx, or rectum.
- Your test results will be reported as either positive or negative for chlamydia.
- Ask your health care provider, or the department that is doing the test, when your results will be ready.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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English

Chlamydia, Female

Chlamydia is a sexually transmitted infection (STI). This infection spreads through sexual contact.

The infection can grow in:

- The urethra. This is the part of the body that drains pee (*urine*) from the bladder.
- The cervix. This is the lowest part of the womb (*uterus*).
- The throat.
- The opening of the butt (*rectum*).

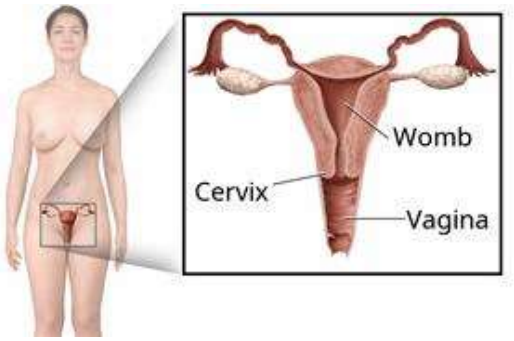
This condition is not hard to treat. But if it is not treated, it can cause worse health problems. You may have a higher risk of not being able to have children.

Also, if you are pregnant or get pregnant and have untreated chlamydia:

- It can cause serious problems during pregnancy.
- It can spread to your baby during delivery and cause your baby to have health problems.

What are the causes?

This condition is caused by a germ (*bacteria*) called *Chlamydia trachomatis*. These germs are spread from an infected partner during sex. The infection can spread through contact with the genitals, mouth, or the opening of the butt (*rectum*).



What increases the risk?

- Not using a condom the right way.
- Not using a condom every time you have sex.
- Having a new sex partner.
- Having more than one sex partner.
- Being sexually active before age 25.

What are the signs or symptoms?

In some cases, there are no symptoms, especially early in the illness.

If you get symptoms, they may include:

- Peeing often, or a burning feeling when you pee.
- Redness, soreness, or swelling of the vagina or butt.
- Fluid (*discharge*) coming from the vagina or butt.
- Pain the belly (*abdomen*).
- Pain during sex.
- Bleeding between monthly periods or irregular periods.

How is this treated?

This condition is treated with antibiotic medicines.

Follow these instructions at home:

Sexual activity

- Tell your sex partner or partners about your infection. Sex partners are people you had oral, anal, or vaginal sex with within 60 days of when you started getting sick. They need treatment even if they do not feel or seem sick.
- **Do not** have sex until:
  - You and your sex partners have been treated.
  - Your doctor says it is okay.
- If you get just one dose of medicine, wait at least 7 days before having sex.

General instructions

- Take over-the-counter and prescription medicines as told by your doctor. Finish your antibiotics even if you start to feel better.
- It is up to you to get your test results. Ask how to get your results when they are ready.
- Keep all follow-up visits. You may need tests after 3 months.

How is this prevented?

To lower your risk:

- Use latex or polyurethane condoms the right way. Do this every time you have sex.
- **Do not** have many sex partners.
- Ask if your sex partner got tested for STIs and had negative results.
- Get regular health screenings to check for STIs.



Contact a doctor if:

- You get new symptoms.
- Your symptoms are getting worse or do not get better with treatment.
- You have a fever or chills.
- You have pain during sex.
- Your periods are irregular.
- You bleed between periods or after sex.
- You get flu-like symptoms. These may be:
  - Night sweats.
  - Sore throat.
  - Muscle aches.
- You are unable to take your antibiotic medicine as prescribed.

Summary

- Chlamydia is an infection that spreads through sexual contact.
- This condition is treated with antibiotics. If it is not treated, it can cause health problems.
- Your sex partners will also need to be treated. **Do not** have sex until both you and your partner have been treated.

- Take all medicines as told and keep all follow-up visits.

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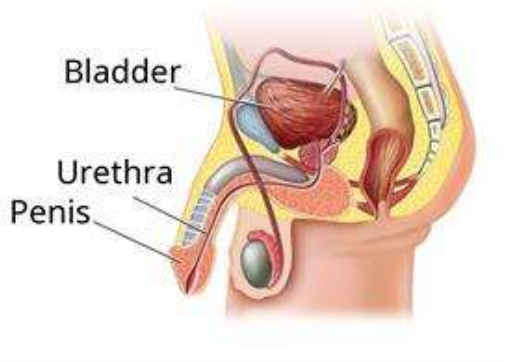
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English

Chlamydia, Male

Chlamydia is a sexually transmitted infection (STI). This infection spreads through sexual contact. Chlamydia can occur in different areas of the body, including:

- The urethra. This is the part of the body that drains pee (*urine*) from the bladder and through the penis.
- The throat.
- The opening of the butt (*rectum*).



This condition is not hard to treat. But if it is not treated, it can cause worse health problems.

What are the causes?

This condition is caused by a germ (*bacteria*) called *Chlamydia trachomatis*. These germs are spread from an infected partner during sex. The infection can spread through contact with the genitals, mouth, or the opening of the butt.

What increases the risk?

- Not using a condom the right way.
- Not using a condom every time you have sex.
- Having a new sex partner.
- Having more than one sex partner.
- Being a man who has sex with men.
- Being sexually active before age 25.

What are the signs or symptoms?

In some cases, there are no symptoms, especially early in the illness.

If you get symptoms, they may include:

- Peeing often, or a burning feeling when you pee.
- Pain or swelling in the testicles.
- Watery, mucus-like fluid (*discharge*) from the penis.
- Redness, soreness, swelling, or bleeding, from the butt.
- Fluid coming from the penis or butt.
- Pain in the belly (*abdomen*).
- Pain during sex.

How is this treated?

This condition is treated with antibiotic medicines.

Follow these instructions at home:

Sexual activity

- Tell your sex partner or partners about your infection. Sex partners are people you had oral, anal, or vaginal sex with within 60 days of when you started getting sick. They need treatment even if they do not feel or seem sick.
- **Do not** have sex until:
  - You and your sex partners have been treated.
  - Your doctor says it is okay.

If you get just one dose of medicine, wait at least 7 days before having sex.

General instructions

- Take over-the-counter and prescription medicines as told by your doctor. Finish your antibiotics even if you start to feel better.
- It is up to you to get your test results. Ask how to get your results when they are ready.
- Keep all follow-up visits. You may need tests after 3 months.

How is this prevented?



To lower your risk:

- Use latex or polyurethane condoms the right way. Do this every time you have sex.
- **Do not** have many sex partners.
- Ask if your sex partner got tested for STIs and had negative results.
- Get regular health screenings to check for STIs.

Contact a doctor if:

- You get new symptoms.
- Your symptoms are getting worse or do not get better with treatment.
- You have a fever or chills.
- You have pain during sex.
- You have pain or soreness in your testicles.
- You get flu-like symptoms. These may be:
  - Night sweats.
  - Sore throat.
  - Muscle aches.
- You are not able to take your antibiotic as told.

Summary

- Chlamydia is an infection that spreads through sexual contact.
- This condition is treated with antibiotics. If it is not treated, it can cause health problems.
- Your sex partners will also need to be treated. **Do not** have sex until both you and your partner have been treated.
- Take all medicines as told and keep all follow-up visits.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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English

Genital Herpes

Genital herpes is a common sexually transmitted infection (STI) that is caused by a virus. The virus spreads from person to person through contact with a sore, infected saliva, or infected skin. The virus can cause itching, blisters, and sores around the genitals or rectum. During an outbreak of infection, symptoms may last for several days and then go away. However, the virus remains in the body, so more outbreaks may happen in the future. The time between outbreaks varies and can be from months to years.

Genital herpes can affect anyone. It is particularly concerning for pregnant women because the virus can be passed to the baby during delivery. Genital herpes is also a concern for people who have a weak disease-fighting system (*immune system*).

What are the causes?

This condition is caused by the herpes simplex virus, type 1 or type 2 (HSV-1 or HSV-2). The virus may spread through:

- Sexual contact with an infected person, including vaginal, anal, and oral sex.
- Contact with a herpes sore.
- The skin. This means that you can get herpes from an infected partner even if there are no blisters or sores present. Your partner may not know that he or she is infected.

What increases the risk?

You are more likely to develop this condition if:

- You have sex with many partners.
- You do not use latex or polyurethane condoms during sex.

What are the signs or symptoms?



Most people do not have symptoms or they have mild symptoms that may be mistaken for other skin problems. Symptoms may include:

- Small, red bumps near the genitals, rectum, or mouth. These bumps turn into blisters and then sores.
- Flu-like (*influenza-like*) symptoms, including:
  - Fever.
  - Body aches.
  - Swollen lymph nodes.
  - Headache.
- Painful urination.
- Pain and itching in the genital area or rectal area.
- Vaginal discharge.
- Tingling or shooting pain in the legs and buttocks.

Generally, symptoms are more severe and last longer during the first (*primary*) outbreak. Influenza-like symptoms are also more common during the primary outbreak.

How is this diagnosed?

This condition may be diagnosed based on:

- A physical exam.
- Your medical history.
- Blood tests.
- A test of a fluid sample (*culture*) from an open sore.

How is this treated?

There is no cure for this condition, but treatment with antiviral medicines can do the following:

- Speed up healing and relieve symptoms.
- Help to reduce the spread of the virus to sexual partners.
- Limit the chance of future outbreaks, or make future outbreaks shorter.
- Lessen symptoms of future outbreaks.

Your health care provider may also recommend over-the-counter medicines to help with pain and itching.

Follow these instructions at home:

If you have an outbreak:

- Keep the affected areas dry and clean.
- Avoid rubbing or touching blisters and sores. If you do touch blisters or sores:
  - Wash your hands thoroughly with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
  - **Do not** touch your eyes afterward.



Sexual activity

- **Do not** have sexual contact during active outbreaks.
- Practice safe sex. Herpes can spread even if your partner does not have blisters or sores. Latex or polyurethane condoms and female condoms may help prevent the spread of the herpes virus.

Managing pain and discomfort

- If directed, put ice on the painful area. To do this:
  - Put ice in a plastic bag.
  - Place a towel between your skin and the bag.
  - Leave the ice on for 20 minutes, 2–3 times a day.
  - Remove the ice if your skin turns bright red. This is very important. If you cannot feel pain, heat, or cold, you have a greater risk of damage to the area.
- If told, take a cool sitz bath to help relieve pain or itching. A sitz bath is a water bath that you take while sitting down in water that is deep enough to cover your hips and buttocks.

General instructions

- Take over-the-counter and prescription medicines only as told by your health care provider.

- If you were prescribed an antiviral medicine, use it as told by your health care provider. **Do not** stop using the antiviral even if you start to feel better.
- Keep all follow-up visits. This is important.

How is this prevented?

- Use condoms. Although you can get genital herpes during sexual contact even with the use of a condom, a condom can provide some protection.
- Avoid having multiple sexual partners.
- Talk with your sexual partner about any symptoms either of you may have. Also, talk with your partner about any history of STIs.
- **Do not** have sexual contact if you have active symptoms of genital herpes.

Contact a health care provider if:

- Your symptoms are not improving with medicine.
- Your symptoms return, or you have new symptoms.
- You have a fever.
- You have abdominal pain.
- You have redness, swelling, or pain in your eye.
- You notice new sores on other parts of your body.
- You have had herpes and you become pregnant or plan to become pregnant.

Get help right away if:

- You have symptoms of viral meningitis. This is rare but may happen if the virus spreads to the brain. Symptoms may include:
  - Severe headache or stiff neck.
  - Muscle aches.
  - Nausea and vomiting.
  - Sensitivity to light.

Summary

- Genital herpes is a common sexually transmitted infection (STI) that is caused by the herpes simplex virus, type 1 or type 2 (HSV-1 or HSV-2).
- These viruses are most often spread through sexual contact with an infected person.
- You are more likely to develop this condition if you have sex with many partners or you do not use condoms during sex.
- Most people do not have symptoms or have mild symptoms that may be mistaken for other skin problems. Symptoms occur as outbreaks that may happen months or years apart.
- There is no cure for this condition, but treatment with oral antiviral medicines can reduce symptoms, reduce the chance of spreading the virus to a partner, prevent future outbreaks, or shorten future outbreaks.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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English

Genital Warts

Genital warts are a common STI (*sexually transmitted infection*). They are small warts in the area around the genitals or the opening of the butt (*anus*). They sometimes cause pain. Genital warts are easily passed to other people through sex.



Many people do not know that they are infected. They may be infected for years without symptoms. Even without symptoms, they can pass the infection to their sex partners.

What are the causes?

Genital warts are caused by a virus called HPV. HPV spreads from person to person during sex. It can be spread through vaginal, anal, and oral sex.

What increases the risk?

- Having sex without using a condom.
- Having sex with many people.
- Having sex before the age of 16.
- Being a male who is not circumcised.
- Having a male sex partner who is not circumcised.
- Having a weak body defense system (*immune system*).

What are the signs or symptoms?

- Small warts in the area around the genitals or the opening of the butt. These warts often grow in clusters.
- Itching and irritation in the genital area or the area around the opening of the butt.
- Bleeding from the warts.
- Pain during sex.

How is this treated?

- Medicines, such as creams, that are put on the skin.
- Procedures, such as:
  - Freezing the warts.
  - Burning the warts.
  - Having surgery to get rid of the warts.

Getting treatment is important because genital warts can lead to other problems. In females, the virus that causes the warts may increase the risk for cancer of the cervix.

Follow these instructions at home:

Medicines

- Apply over-the-counter and prescription medicines only as told by your doctor.
- **Do not** use medicines that are meant for treating hand warts.
- Talk with your doctor about using creams to treat itching.



Instructions for women

- Get regular tests to check for cancer of the cervix. This type of cancer grows slowly and can almost always be cured if it is found early.
- If you become pregnant, tell your doctor that you have had genital warts.

General instructions

- **Do not** touch or scratch the warts.
- **Do not** have sex until your treatment is done.
- Tell your current and past sex partners about your condition. They may need treatment.
- After treatment, use condoms during sex.
- Keep all follow-up visits as told by your doctor. This is important.

How is this prevented?

Talk with your doctor about getting the HPV shot. The HPV shot:

- Can help stop some HPV infections and cancers.
- Is given to males and females who are 11–26 years old.
- Is not recommended for pregnant women.
- Will not work if you already have HPV.

Contact a doctor if:

- You have redness, swelling, or pain in the area of the treated skin.
- You have a fever.
- You feel sick.
- You have lumps or have bleeding in the area around your genitals or the opening of your butt.
- You have pain during sex.
- You have bleeding after sex.

Summary

- Genital warts are a common STI. They are small warts in the area around the genitals or the opening of the butt (*anus*).
- A virus called HPV causes genital warts.
- The virus is spread by having sex without using a condom.
- Getting treatment is important.
- This condition is treated using medicines. Freezing, burning, or surgery may be done to get rid of the warts.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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English

Gonorrhea Test

Why am I having this test?

Gonorrhea is a bacterial infection that spreads from person to person through sexual contact (*sexually transmitted infection*,or STI). It can also spread from a pregnant person to the baby during childbirth. You may be tested for gonorrhea if:

- You have symptoms of gonorrhea.
- You are pregnant or plan to get pregnant.
- You have multiple sexual partners.

What is being tested?

This test checks your urine or body fluid for *Neisseria gonorrhoeae*, the bacteria that causes gonorrhea.

What kind of sample is taken?





The sample required depends on the type of test that will be done.

- When testing urine for gonorrhea, a urine sample is required. A health care provider may also use a swab to collect a fluid sample from the area of possible infection.
- When collecting body fluid other than urine, your health care provider will use a swab to collect a fluid sample from the mouth, penis, or vagina.
- For the gonorrhea culture test, your health care provider will use a swab to collect a sample of body fluid from the area of possible infection. This test may also be done for legal reasons in cases of sexual assault.

How do I prepare for this test?

- Let your health care provider know if you are taking antibiotic medicine.
- **Do not** use vaginal creams or douches.
- Try to arrive for the test with a full bladder.

How are the results reported?

Your test results will be reported as either positive or negative for the presence of the bacteria that causes gonorrhea.

What do the results mean?

If your test result is negative, then it is most likely that you do not have the disease.

If your test result is positive, then you may have an active gonorrhea infection. More testing may be needed. It is very important that you notify any sexual partners so that they can also be tested.

Talk with your health care provider about what your results mean. In some cases, your health care provider may do more testing to confirm the results.

Questions to ask your health care provider

Ask your health care provider, or the department that is doing the test:

- When will my results be ready?
- How will I get my results?
- What are my treatment options?
- What other tests do I need?
- What are my next steps?

Summary

- Gonorrhea is a bacterial infection that spreads from person to person through sexual contact. It can also spread from a pregnant person to the baby during childbirth.
- A urine sample or a sample of body fluid will be needed for the test. The sample required depends on the type of test that will be done.
- If your test result is negative, then it is most likely that you do not have the disease.
- If your test result is positive, then you may have an active gonorrhea infection. It is very important that you notify any sexual partners so that they can also be tested.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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English

Gonorrhea

Gonorrhea is a sexually transmitted infection (STI) that can infect any person. If left untreated, this infection can:

- Damage the reproductive organs.
- Spread to other parts of the body.
- Cause someone to be unable to have children (*infertility*).
- Harm an unborn baby if an infected person is pregnant.

It is important to get treatment for gonorrhea as soon as possible. All of your sex partners may also need to be treated for the infection.

What are the causes?

This condition is caused by bacteria called *Neisseria gonorrhoeae*. The infection is spread from person to person through sexual contact, including oral, anal, and vaginal sex. The infection can also pass from a pregnant person to the baby during birth.

What increases the risk?

The following factors may make you more likely to develop this condition:

- Being a woman younger than 25 years and sexually active.
- Being a man who has sex with men.
- Having a new sex partner or having multiple partners.
- Having a sex partner who has an STI.
- Not using condoms correctly or not using condoms every time you have sex.
- Having a history of STIs.

What are the signs or symptoms?

When symptoms occur, they may include:

- Abnormal discharge from the penis or vagina. The discharge may be cloudy, thick, or yellow-green in color.
- Pain or burning when you urinate.
- Itching, irritation, pain, bleeding, or discharge from the rectum. This may occur if the infection was spread by anal sex.
- Sore throat or swollen lymph nodes in the neck. This may occur if the infection was spread by oral sex.
- Pain or swelling in the testicles.
- Bleeding between menstrual periods.

If the infection has spread to other areas of the body, symptoms may include:

- Fever.
- Eye irritation.
- Swelling, redness, warmth, and pain in the joints.
- Rashes.

In some cases, there are no symptoms.

How is this diagnosed?

This condition is diagnosed based on:

- A physical exam.
- A swab of fluid. The swab of fluid may be taken from the penis, vagina, throat, or rectum.
- Urine tests.

Not all test results will be available during your visit.

How is this treated?

This condition is treated with antibiotic medicines. It is important to start treatment as soon as possible. Early treatment may prevent some problems from developing. You should not have sex during treatment. All types of sexual activity should be avoided for at least 7 days after treatment is complete and until your sex partner or partners have been treated.

Follow these instructions at home:

- Take over-the-counter and prescription medicines as told by your health care provider. Finish all antibiotic medicine even when you start to feel better.
- **Do not** have sex during treatment.
- **Do not** have sex until at least 7 days after you and your partner or partners have finished treatment and your health care provider says it is okay.
- It is up to you to get your test results. Ask your health care provider, or the department that is doing the test, when your results will be ready.
- If you get a positive result on your gonorrhea test, tell your recent sex partners. These include any partners for oral, anal, or vaginal sex. They need to be checked for gonorrhea even if they do not have symptoms. They may need treatment, even if they get negative results on their gonorrhea tests.
- Keep all follow-up visits. This is important.

How is this prevented?

- Use latex or polyurethane condoms correctly every time you have sex.
- Ask if your sex partner or partners have been tested for STIs and had negative results.
- Avoid having multiple sex partners.
- Get regular health screenings to check for STIs.



Contact a health care provider if:

- Your symptoms do not get better after a few days of taking antibiotics.
- Your symptoms get worse.
- You cannot take your medicine as directed by your health care provider.
- You develop new symptoms, including:
  - Eye irritation.
  - Swelling, redness, warmth, and pain in the joints.
  - Rashes.
- You have a fever.

Summary

- Gonorrhea is a sexually transmitted infection (STI) that can infect any person.
- This infection is spread from person to person through sexual contact, including oral, anal, and vaginal sex. The infection can also pass from a pregnant person to the baby during birth.
- Symptoms include abnormal discharge, pain or burning while urinating, or pain in the rectum.
- This condition is treated with antibiotic medicines. **Do not** have sex until at least 7 days after both you and any sex partners have completed antibiotic treatment.
- Tell your health care provider if you have trouble taking your medicine, your symptoms get worse, or you have new symptoms. Keep all follow-up visits.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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English

HPV Test

Why am I having this test?

HPV (*human papillomavirus*) refers to a group of over 150 viruses. Many of these viruses cause growths on the surfaces of the skin, including the genitals or along the throat. Most HPV viruses cause infections that usually go away without treatment.

The HPV test checks for high-risk types (*strains*) of HPV. Strains 16 and 18 are considered the most high-risk for cancer. If you are infected with a high-risk strain of HPV, it can increase your risk for cancer of the cervix, vagina, vulva, anus, penis, or throat.

HPV can be found in both males and females. However, HPV testing is only approved for use in females:

- Who are 30–65 years old.
- Who have an abnormal Pap test.
- Who have been treated for an abnormal Pap test in the past.
- Who have been treated for a high-risk HPV infection in the past.

If you are a woman older than 30, you may have the HPV test at the same time as a pelvic exam and Pap test (*cotesting*). There is a high chance of finding HPV if HPV test, pelvic exam, and Pap test are done at the same time.

What is being tested?

This test checks for the DNA (*genetic*) strands of the HPV infection. This test is also called the HPV DNA test.

What kind of sample is taken?

This test requires a sample of cells from the cervix. This will be done using a small cotton swab, plastic spatula, or brush. This sample is often collected during a pelvic exam, when you are lying on your back on an exam table with feet in footrests (*stirrups*).



How do I prepare for this test?

- Starting 24–48 hours before your test, or as told by your health care provider, **do not:**
  - Take a bath.
  - Have sex.
  - Douche.
- Schedule the test for a day when you are not menstruating. If you are menstruating on the day of the test, you may need to reschedule.
- You will be asked to urinate right before the test.

How are the results reported?

Your test results will be reported as either positive or negative for HPV.

What do the results mean?

A negative HPV test result means that no HPV was found. This means it is very likely that you do not have HPV.

A positive HPV test result means that you have high-risk HPV that can lead to certain types of cancer. It does not mean that you have cancer.

Talk with your health care provider about what your results mean.

Questions to ask your health care provider

Ask your health care provider, or the department that is doing the test:

- When will my results be ready?
- How will I get my results?
- What are my treatment options?
- What other tests do I need?
- What are my next steps?

Summary

- The human papillomavirus (HPV) test is used to look for high-risk types of HPV infection. This test is done only for females.
- HPV types 16 and 18 are considered high-risk types of HPV. If untreated, these types of infections increase your risk for cancer of the cervix, vagina, vulva, anus, penis, or throat.
- A negative HPV test result means that no HPV was found, and it is very likely that you do not have HPV.
- A positive HPV test result means that you have an HPV infection. It does not mean that you have cancer.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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English

Syphilis Test

Why am I having this test?

The syphilis test is used to diagnose syphilis and to help monitor syphilis treatment. Syphilis is a bacterial infection that commonly spreads through sexual contact. You may have this test if you have symptoms of syphilis, such as a painless sore (*chancre*). Symptoms often look like the symptoms of many other conditions. Untreated syphilis can lead to severe complications, including damage to different organ systems, especially the heart and nervous system.

Syphilis may also spread to an unborn baby (*fetus*) during pregnancy. People who are pregnant often have a syphilis test. You may also have this test if you are at risk for syphilis because of:

- Having unprotected sex.
- Having a sexual partner with syphilis.
- Having a history of other sexually transmitted infections (STIs).
- Using recreational drugs such as methamphetamines, injection drugs, or heroin.

What is being tested?

Blood tests check for antibodies to the bacteria that cause syphilis. Antibodies are proteins that your body makes in response to germs and other things that can make you sick.

There are two types of blood tests to check for syphilis, and both are necessary to make a diagnosis. The two tests are:

- Nontreponemal test. This is usually the first test. It can detect other kinds of antibodies as well.
- Treponemal test. This test is done if you get a positive result on the nontreponemal test. It specifically looks for antibodies to syphilis. This test will not show whether antibodies are from a past syphilis infection or a current infection.

A lumbar puncture may also be done if you are showing signs and symptoms of late-stage syphilis.

What kind of sample is taken?

Syphilis can be diagnosed by testing:

- Your blood. A sample is usually collected by inserting a needle into a blood vessel.
- The fluid that surrounds the brain and spinal cord (*cerebrospinal fluid,* orCSF). This is collected by inserting a needle into the space between two vertebrae of the lower back.



How do I prepare for this test?

No special preparation is needed for the syphilis blood tests.

You may be instructed to empty your bladder and bowels if you will be having a lumbar puncture.

Talk to your health care provider about any medical conditions you may have.

How are the results reported?

Your results will be reported as positive or negative for syphilis antibodies.

What do the results mean?

If the result of your syphilis test is negative, no antibodies were present at the time of the test. This could mean:

- You do not have syphilis.
- The antibodies have not formed yet. Antibodies can take several weeks to form. If it is possible that you were recently exposed to syphilis, you may need to have the test again at a later time.

If you test positive for syphilis on the nontreponemal test, you will most likely have the treponemal test to confirm the diagnosis. If the result of the second test is also positive, it is likely that you have syphilis. If the result of the second test is negative, you may need more tests to make sure that you do not have syphilis.

Talk with your health care provider about what your results mean.

Questions to ask your health care provider

Ask your health care provider, or the department that is doing the test:

- When will my results be ready?
- How will I get my results?
- What are my treatment options?
- What other tests do I need?
- What are my next steps?

Summary

- The syphilis test is used to diagnose syphilis and to help monitor syphilis treatment. This test checks your blood for antibodies to the bacteria that cause syphilis.
- There are two types of blood tests to check for syphilis. Both tests are necessary to make a diagnosis.
- A lumbar puncture may also be done if you are showing signs and symptoms of late-stage syphilis.
- Talk with your health care provider about what your results mean.

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English

Syphilis

Syphilis is a curable infection that can spread through sexual contact. It is important to get treatment right away to reduce the possibility of serious complications.

There are four stages of syphilis:

- Primary stage. During this stage, sores may form where the disease entered your body.
- Secondary stage. During this stage, skin rashes and lesions will form.
- Latent stage. During this stage, there are no symptoms, but the infection may still be contagious.
- Tertiary stage. This stage happens 5–30 years after the infection starts. During this stage, the disease damages organs and can lead to death. Most people with treated syphilis do not develop this stage.

What are the causes?

This condition is caused by bacteria called *Treponema pallidum*. The condition can spread during sexual activity, such as during oral, anal, or vaginal sex. It can also be spread to an unborn baby (*fetus*) during pregnancy.

What increases the risk?

You are more likely to develop this condition if:

- You do not use a condom during sex.
- You have sex with a partner who has syphilis.
- You have a history of sexually transmitted infections (STIs).
- You use recreational drugs such as methamphetamines, injection drugs, or heroin.

What are the signs or symptoms?

Symptoms of this condition depend on the stage of the disease.

Primary stage

- One or more painless sores (*chancres*) in and around the genital organs, mouth, or hands. The sores are usually firm and round.

Secondary stage

- Skin rashes or sores (or both) in the mouth, vagina, anus, palms of the hands, or bottoms of the feet. The rash may be rough, red or reddish-brown, and may not itch.
- Other symptoms may include:
  - A fever.
  - Swollen lymph glands.
  - A sore throat.
  - Patchy hair loss.
  - A headache.
  - A feeling of being ill or very tired.

- Weight loss.

Latent stage

There are no symptoms during this stage.

Tertiary stage

This stage is rarely noted due to the use of antibiotic medicine to treat syphilis. However, without treatment, syphilis can further affect different organ systems, especially the heart and nervous system.

- Signs and symptoms impacting the heart include:
  - Enlargement of the heart.
  - Damage to the aorta.
  - Narrowing of the blood vessels around the heart.
- Signs and symptoms impacting the nervous system include:
  - Meningitis.
  - Dysfunction of the nerves to the head.

Nonspecific growths may also occur in the skin, mucous membranes, bones, or body organs in this stage.

Any stage if there is no treatment

- Signs and symptoms of impacting the nervous system include:
  - A severe headache.
  - Muscle weakness or difficulty coordinating movements, such as walking.
  - Changes in mental state, such as confusion, personality changes, or dementia.
- Signs and symptoms of impacting the eyes include:
  - Eye pain.
  - Eye redness.
  - Changes in vision.
  - Blindness.
- Signs and symptoms of impacting the ears include:
  - Hearing loss.
  - Ringing in the ears (*tinnitus*).
  - Dizziness or feeling like you or your surroundings are moving or spinning (*vertigo*).

How is this diagnosed?

This condition is diagnosed with:



- A physical exam.
- Blood tests, including:
  - Nontreponemal test. This is usually the first test. It can detect other kinds of antibodies as well.
  - Treponemal test. This test is done if you get a positive result on the nontreponemal test. It specifically looks for antibodies to syphilis. This test will not show whether antibodies are from a past syphilis infection or a current infection.
- Tests of the fluid (*drainage*) from a sore or rash.

- Tests of the fluid around the spine (*lumbar puncture*). These tests are done to check for an infection in the brain or nervous system in late-stage syphilis.
- Imaging tests. These may be done to check for damage to the heart, aorta, or brain if the condition is in the tertiary stage. Tests may include:
  - X-ray.
  - CT scan.
  - MRI.
  - Echocardiogram. This test takes a picture of the heart.

How is this treated?

This condition can be cured with antibiotic medicine. It is important to receive treatment as soon as possible to get rid of the infection. However, the treatment may not undo any damage already caused by the infection.

Follow these instructions at home:

Medicines

- Take over-the-counter and prescription medicines only as told by your health care provider.
- Take your antibiotic medicine as told by your health care provider. **Do not** stop taking the antibiotic even if you start to feel better. Incomplete treatment will put you at risk for continued infection and could be life-threatening.



General instructions

- **Do not** have sex until your treatment is completed, or as directed by your health care provider.
- Tell your recent sexual partners that you were diagnosed with syphilis. It is important that they get treatment, even if they do not have symptoms.
- Keep all follow-up visits. This is important.

How is this prevented?

- Use latex or polyurethane condoms correctly whenever you have sex.
- Before you have sex, ask your partner if they have been tested for STIs. Ask about the test results.
- Avoid having multiple sexual partners.

Contact a health care provider if:

- You continue to have any of the following symptoms 24 hours after beginning treatment:
  - Fever.
  - Chills.
  - Headache.
  - Nausea.
  - Aching all over your body.
- Your symptoms do not improve, even with treatment.

Get help right away if:

- You have severe chest pain.
- You have trouble walking or coordinating movements.
- You are confused.
- You lose vision or hearing.
- You have numbness in your arms or legs.
- You have a seizure.
- You faint.
- You have a severe headache that does not go away with medicine.

These symptoms may be an emergency. Get help right away. Call 911.

- **Do not wait to see if the symptoms will go away.**
- **Do not drive yourself to the hospital.**

Summary

- Syphilis is an infection that can spread through sexual contact or to a fetus during pregnancy.
- This condition can cause serious complications, so it is best to get treatment right away. The condition can be cured with antibiotic medicine.
- Take your antibiotic medicine as told by your health care provider.
- Tell your recent sexual partners that you were diagnosed with syphilis. It is important that they get treatment, even if they do not have symptoms.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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English

Trichomonas Test

Why am I having this test?

The trichomonas test is done to diagnose trichomoniasis, which is a sexually transmitted infection (STI). You may have this test as a part of routine screening for STIs or if you have symptoms of trichomoniasis.

- In females, symptoms may include:
  - Itching, burning, redness, or soreness in the genital area.
  - Discomfort while urinating.
  - An abnormal vaginal discharge.
- In males, symptoms may include:
  - Discharge from the penis.
  - Burning after urination or ejaculation.
  - Itching or discomfort inside the penis.

Many people with trichomoniasis do not have any symptoms (are *asymptomatic*) or have only minimal symptoms. Untreated trichomoniasis can last from months to years.

What is being tested?

This test checks your urine or body fluid for *Trichomonas vaginalis*, the parasite that causes this infection.

What kind of sample is taken?

The sample required depends on the type of test that will be done. Your health care provider will do one of the following:

- Ask you to provide a urine sample.
- Take a sample of discharge. Your health care provider may use a swab to collect the sample. The sample may be taken from the vagina or cervix in females and from the urethra in males.



How are the results reported?

Your test results will be reported as either positive or negative.



What do the results mean?

Negative test result

A negative result means that you do not have trichomoniasis. Follow your health care provider's instructions about any follow-up testing.

Positive test result

A positive result means that you have an active infection that needs to be treated with antimicrobial medicine.

If your test result is positive, your health care provider may tell you:

- Not to have sex until you have finished your medicine and your symptoms have resolved.
- To talk to your sexual partner or partners about any symptoms you may have. All sexual partners must also be tested and treated, if necessary. If they are not treated, you will likely get reinfected.

Talk with your health care provider about what your results mean. In some cases, your health care provider may do more testing to confirm the results.

Questions to ask your health care provider

Ask your health care provider or the department that is doing the test:

- When will my results be ready?
- How will I get my results?
- What are my treatment options?
- What other tests do I need?
- What are my next steps?

Summary

- The trichomonas test is done to diagnose trichomoniasis, a sexually transmitted infection (STI) caused by an organism called *Trichomonas vaginalis*.
- To perform the test, your health care provider will either take a sample of discharge or ask you to provide a urine sample.
- A positive result means that you have an active infection that needs to be treated with antimicrobial medicine. All your current sexual partners must also be treated if they test positive. If they are not treated, you will likely get reinfected.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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English

Trichomoniasis

Trichomoniasis is a sexually transmitted infection (STI). Many people with trichomoniasis do not have any symptoms (are *asymptomatic*) or have only minimal symptoms. Untreated trichomoniasis can last from months to years. This condition is treated with medicine.

What are the causes?

This condition is caused by a parasite called *Trichomonas vaginalis* and is transmitted during sexual contact.

What increases the risk?

The following factors may make you more likely to develop this condition:

- Having unprotected sex.
- Having sex with a partner who has trichomoniasis.
- Having multiple sexual partners.
- Having had previous trichomoniasis infections or other STIs.

What are the signs or symptoms?

In females, symptoms of trichomoniasis include:

- Itching, burning, redness, or soreness in the genital area.
- Discomfort while urinating.
- Abnormal vaginal discharge that is clear, white, gray, or yellow-green and foamy and has an unusual fishy odor.

In males, symptoms of trichomoniasis include:

- Discharge from the penis.
- Burning after urination or ejaculation.
- Itching or discomfort inside the penis.

How is this diagnosed?

This condition is diagnosed based on tests. To perform a test, your health care provider will do one of the following:

- Ask you to provide a urine sample.
- Take a sample of discharge. The sample may be taken from the vagina or cervix in females and from the urethra in males. Your health care provider may use a swab to collect the sample.

Your health care provider may test you for other STIs, including human immunodeficiency virus (HIV).

How is this treated?

This condition is treated with medicines such as metronidazole or tinidazole. These are called antimicrobial medicines, and they are taken by mouth (*orally*). Your sexual partner or partners also need to be tested and treated. If they have the infection and are not treated, you will likely get reinfected.

If you plan to become pregnant or think you may be pregnant, tell your health care provider right away. Some medicines that are used to treat the infection should not be taken during pregnancy.



Your health care provider may recommend over-the-counter medicines or creams to help relieve itching or irritation. You may be tested for the infection again 3 months after treatment.

Follow these instructions at home:

Medicines

- Take over-the-counter and prescription medicines only as told by your health care provider.
- Take your antimicrobial medicine as told by your health care provider. **Do not** stop taking it even if you start to feel better.
- Use creams as told by your health care provider.

General instructions

- **Do not** have sex until after you finish your medicine and your symptoms have resolved.
- **Do not** wear tampons while you have the infection (if you are female).
- Talk with your sexual partner or partners about any symptoms that either of you may have, as well as any history of STIs.
- Keep all follow-up visits. This is important.

How is this prevented?



- Use condoms every time you have sex. Using condoms correctly and consistently can help protect against STIs.
- **Do not** have sexual contact if you have symptoms of trichomoniasis or another STI.
- Avoid having multiple sexual partners.
- Get tested for STIs before you have sex with a partner. Ask all partners to do the same.
- **Do not** douche (if you are female). Douching may increase your risk for getting STIs due to the removal of good bacteria in the vagina.

Contact a health care provider if:

- You still have symptoms after you finish your medicine.
- You develop a rash.
- You plan to become pregnant or think you may be pregnant.

Summary

- Trichomoniasis is a sexually transmitted infection (STI). This condition often has no symptoms or minimal symptoms.
- Take your antimicrobial medicine as told by your health care provider. **Do not** stop taking even if you start to feel better.
- Discuss your infection with your sexual partner or partners. Make sure that all partners get tested and treated, if necessary.
- You should not have sex until after you finish your medicine and your symptoms have resolved.
- Keep all follow-up visits. This is important.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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