

Sexually Transmitted Infections – A Quick Guide

Infection	What is it?	How do I get it?	How can I tell?	How do I get rid of it?	How do I avoid it?
HIV	The Human Immunodeficiency Virus (HIV)	Unprotected anal and vaginal sex Sharing needles	During the first weeks of the infection: severe flu-like symptoms, fever, night sweats, weight loss, sore or swollen lymph nodes. After some years, people might develop illnesses, infections, and cancers. (AIDS diagnosis)	NO vaccine or cure. HIV treatments help many people with HIV/AIDS to live longer and healthier lives.	Don't share needles. Use a condom for anal and vaginal sex.
Hepatitis C	This virus causes a more serious inflammation of the liver.	Contact with infected blood or bodily fluids Unprotected anal or vaginal sex. Sharing needles	Average 60-90 days. Fatigue, loss of appetite, nausea, yellowing of skin and eyes, dark urine.	No cure No vaccine High chance of becoming chronic and fatal	Don't share needles. Use a condom for anal and vaginal sex.
Hepatitis B	This virus causes inflammation of the liver.	Contact with infected blood or bodily fluids Unprotected sex. Sharing Needles	Average 60-90 days. Fatigue, loss of appetite, nausea, yellowing of skin and eyes, dark urine.	No cure A vaccine is available Liver infection can become chronic and sometimes be fatal.	Get vaccinated!
Syphilis	This bacteria causes a chancre sore on the penis, rectum and/or mouth. If untreated, it will spread throughout body.	Anal, vaginal or oral sex without protection. Contact with sores	After 3 weeks, you might have sores on genitals or mouth. Then you might have rash, swollen glands, and fever. If not treated, it affects the brain, nerves, and testicles.	Antibiotic medicine	Use a condom for anal and vaginal sex. Pay attention to any open sores.
Hepatitis A	This virus causes inflammation of the liver.	Sharing silverware or toothbrushes with an infected person Analingus or rimming. Eating contaminated food.	After 10-50 days, there is fever, abdominal pain, nausea and fatigue.	No cure Vaccine available May take 6-12 months to resolve and is rarely fatal.	Get vaccinated.
Genital Herpes	This virus causes sores on sex organs or mouth.	Skin to skin contact even when there are no symptoms.	After 5 to 21 days, there are small, painful sores that will go away. They may itch, burn, tingle or cause ooze. These sores reappear later.	No cure Treatments lessen symptoms and help prevent recurrence.	Pay attention to outbreaks and sores. Avoid contact as much as possible.
Genital Warts	This virus infects the sex organs and causes warts or bumps, some very small.	Contact with warts	After many months, small, painless bumps appear on genitals or anal area. Some itch.	No cure Warts are removed through different methods.	Pay attention to warts around someone's penis and genitals.
Gonorrhea and Chlamydia	This bacteria can infect the urethra (the opening at the tip of your penis), throat, rectum or testicles.	Anal, vaginal or oral sex without protection	After 3-5 days, there is a smelly discharge or burning, particularly when urinating.	Antibiotic medicine	Pay attention to any odors. Use condoms for anal and vaginal sex.
Scabies & Crabs	These small insects hang out on or under skin around your crotch or other hairy body parts.	Through sex But also via toilet seats, shared clothing, and bedding.	After 3 days or a couple of weeks, you get rash and itching. It's worse at night.	Medicated lotion or shampoo	There is not much you can do.