

Where to get help in Cayuga County

East Hill Family Medical

- Call 315-253-8477
- STI testing and counseling
- Vaccines for Hep B and HPV
- Pre-exposure Prophylaxis (PrEP)

Port Byron Community Health Center

- 315-781-8448
- STI testing and counseling
- Vaccines for Hep B and HPV
- Pre-exposure Prophylaxis (PrEP)
- Expedited Partner Therapy (EPT)

Cayuga County Health Department

- Call 315-253-1560 for an appointment
- Vaccines for Hep B and HPV



Cayuga County
Health Department
8 Dill Street
Auburn, NY 13021
315-253-1560
www.cayugacounty.us/health

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Specific STIs

Chlamydia, Gonorrhea, and Syphilis

- These 3 infections are caused by bacteria and can be cured with antibiotics.
- If they are caught and treated early enough, long-term damage can be minimized.

Hepatitis B and HIV

- These 2 viral infections are incurable. However, for most people, they can be managed with antiviral medications.
- Untreated hepatitis B can lead to cirrhosis, liver cancer, and death.
- Hepatitis B is preventable with vaccination
- Untreated HIV can lead to AIDS and death.
- HIV can be avoided with PrEP and condoms.

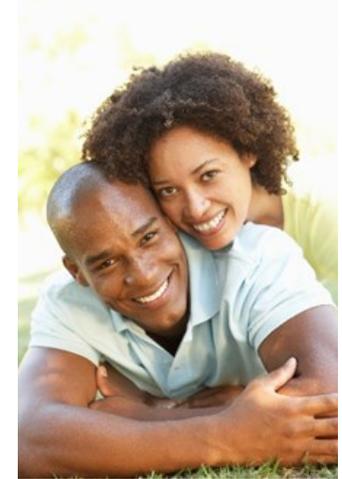
Herpes

- Another viral infection, herpes cannot be cured but is not fatal. With antiviral medications outbreaks can be minimized.
- In addition to painful blisters, herpes can lead to miscarriage or fatal infection in newborns.

Human papillomavirus (HPV)

- HPV is a special case.
- Almost everyone will become infected with the virus, but for most people your body will clear the infection with few or no symptoms.
- For others, HPV can lead to cancer of the genitals, anus, or throat
- HPV infection cannot be cured or treated. It can, however, be prevented with vaccination.

Three Things *Everyone* Should Know About Sexually Transmitted Infections (STIs)



1. **STIs do not always have symptoms.**
2. **If you are at risk, you should protect yourself and get tested at least yearly.**
3. **If you test positive, be responsible.**



#1

STIs do not always have symptoms.

You could have an STI and not even know it. In fact, chances are good that you have:

- most people will have an STI at some point in their lives, and most STIs begin with *no symptoms*.
- Without knowing it, you could be passing the infection to your partner(s) and even to newborns.

If left untreated, STI's can cause serious complications, including infertility, pelvic inflammatory disease, pelvis, testes, increased HIV risk, miscarriage, premature birth, cancer, and death.



#2

If you are at risk, you should protect yourself and get tested at least yearly.

- “At risk” covers anyone with more than one partner.
- It could include having multiple partners, anonymous partners, or even just a monogamous partner who is new to you. If you aren't sure, ask your doctor.
- “At risk” includes oral and anal sex: STI's can also occur in the throat and rectum.
- As long as you are at risk, you should be tested at least yearly.
- Individuals who have sex with multiple or unknown partners should be tested every 3-6 months.
- Pregnant women should be tested at the first prenatal visit. At-risk pregnant women should be retested in their third trimester.
- STI symptoms can appear several weeks to months after unprotected sex causing partners to be infected.
- Protection includes not only proper use of latex condoms with every sexual encounter, it should also include vaccination against the 2 STIs for which we have vaccines: hepatitis B and human papillomavirus (HPV). For those at high risk for HIV, ask your physician about a daily Pre-exposure Prophylaxis (PrEP) regimen. HIV high risk includes IV drug users, people whose partners are positive or unknown HIV status or practice unprotected sex.

#3

If you test positive, be responsible.

- Some STIs can be treated and cured, if detected early. The same physician who diagnosed you can also provide treatment.
- Take all of your medication: stopping early could lead to a harder to treat infection.
- Hold off from sex for at least 7 days and until symptoms are gone to give the medicine time to work.
- Help your partner(s) get treated too. You can tell them they have been exposed and need to get tested. You might even be able to get them medication too.
- Some STIs cannot be cured, but with proper medication, they can be managed. Anyone with an STI should always inform their partner (s) and always use protection.

