



## Stats about STDs

**1 in 5 people have an STD**

**In 2018 twenty-six million new STIs were contracted in the US.**

**Of that number, almost 50% of those cases were in people aged between fifteen and twenty-one**

**The CDC estimates that undiagnosed/untreated STDs cause at least 24,000 cases of infertility in persons with vaginas each year.**

learn about

# STDs/STIs

## What is an STD/STI?

STD stands for Sexually Transmitted Disease and STI stands for Sexually Transmitted Infection. STI refers to the point in time where the pathogen is transferred from host to host. STD refers to the symptoms that occur as part of the infection. An STD does not always occur following an STI. People can be hosts for STIs without having any symptom

## How are they transmitted?

STIs are transmitted through bodily fluids including blood, vaginal discharge, semen, and saliva. Contraction of STIs usually happens during sexual contact.

## How do you prevent STIs/STDs?

We suggest the use of several different strategies to prevent STI contraction;

1. Communicate with your partner about sexual health before engaging in any activity.
2. Get tested between each new partner, or if you're with a regular partner every 6-12 months
3. Use internal and external condoms or dental dams during sexual contact
4. Listen to your body before and after sex and seek medical help if you start to feel unwell.