



Sexually Transmitted Infections

Developed by:

Northern Inter-Tribal Health Authority (NITHA)

Public Health Unit



Sexually Transmitted Infections (STI)

What is an STI?

- STI is sexually transmitted infection.
- Infection mainly involving sex organs and is spread through sexual contact.

What causes STI?

- STI is caused by different types of germs – bacteria, viruses, parasites.
- The germs that cause STI can hide in semen, blood, vaginal secretions, and sometimes saliva.



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What causes STI?

- A person can get one or more types of infection at the same time.

Common infections include:

- Chlamydia
 - Gonorrhea
 - Syphilis
 - Genital Warts (HPV)
 - Hepatitis C
 - HIV
 - Pubic Lice (Crabs)
 - Trichomoniasis
 - Genital Herpes
- Yeast and other bacterial infections (you may also get these even without having had sex).



Sexually Transmitted Infections (STI)

How is STI spread?

- You can get STI through having sex, even just once.
- Sexual contact means sex involving penis, vagina, anus or mouth.
- HIV and Hepatitis B and C can also be spread through IV drug use and other exposure to infected blood.
- You can get the same STI more than once.



Sexually Transmitted Infections (STI)

How do you know if you have STI?

- You can have an STI and not have symptoms.
- Lab testing of urine for the germs.

Get a check-up right away, if you feel or see any of these symptoms:

- Burning or pain while peeing.
- Unusual discharge or smell from the vagina or penis.
- Itching, burning, or pain in the vagina or on the penis.
- Sores, blisters, rashes, swelling, or wart-like growths on or around the vagina or penis – that may or may not hurt.



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Also get tested if:

- You think your partner has had sex with someone else.
- You have had sex with more than one person in the last year.
- You have had sex with a new partner within the last three months.
- You or your partner uses IV drugs.

Can STI's be cured?

- Most STIs can be cured if treated right away.
- Others, like HIV and herpes, cannot be cured, but can be managed with medicine.



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What the are the complications of STI?

- Some STIs can make you unable to have children or can cause birth defects or diseases in babies.
- Syphilis can spread to other organs of the body like the brain and the heart and cause damage.
- Can involve the womb of the woman and cause long-standing pain in the abdomen.
- Having a STI also puts you at greater risk of getting HIV.
- HIV can progress to AIDS.
- Hepatitis B & C can cause damage to the liver.



Sexually Transmitted Infections (STI)

The only sure way to protect yourself from getting an STI is not to have sex with anybody.

If you have sex:

- **Practice safer sex**
 - Use a condom for vaginal and anal sex
 - Use a condom or dental dam for oral sex.
- Talk to your sexual partner about having safer sex.
- Get vaccinated for hepatitis B.
- Females between 9 - 26 years old can get the HPV vaccine.



Thank you!