

Things to avoid:

- Alcohol or drug use with risky sex.
- IV drug use, sharing needles or sex with IV drug users.
- Sexual contact, or contact with body fluid or blood, with a person who has an STD, HIV or hepatitis.
- Sex with persons who have genital discharge, warts or sores.
- Sex with many partners, someone you don't know, persons who exchange sex for money or drugs, or persons who have sex with many partners.
- Oral-anal sex without a latex shield (dam or plastic wrap) to prevent infections.
- Oral sex when there are sores in the mouth or bleeding gums.
- Douching (squirting fluids into the vagina for cleaning or rinsing).

Things to discuss before having sex:

- Your partner's and your own sexual past and risk behaviors.
- Using a condom with another birth control method.



Use condoms the right way every time you have sex. They can prevent infection from HIV, the virus that causes AIDS. Condoms reduce the risk of getting other STDs.

For low- or no-cost treatment at a clinic near you, call **2-1-1** or visit **ccare.oregon.gov**.

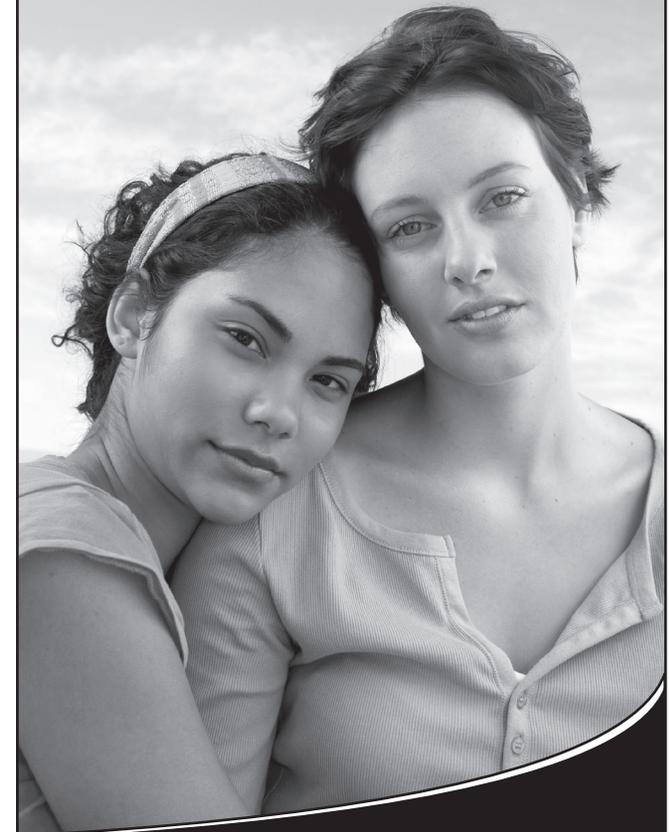
This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Oregon Reproductive Health Program at 971-673-0355 or 711 for TTY.

*Download this brochure in English and other languages at www.healthoregon.org/rh.
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Know Your Risk For an STD

(Sexually Transmitted Disease)

Things to do ...
Things to avoid ...
Things to discuss ...



Oregon
Health
Authority
PUBLIC HEALTH DIVISION
Reproductive Health Program

Are you at risk for an STD?

To find out, please fill in the bubbles.

Have you ever had:

- Vaginal, oral or anal sex? Y / N
- More than one sex partner? Y / N
- Vaginal sex with no condom or other barrier protection? Y / N
- Oral sex with no condom or other barrier protection? Y / N
- Anal sex with no condom or other barrier protection? Y / N
- A sex partner who had or might have had sex with someone else while having sex with you? Y / N
- Two or more sex partners in 60 days? Y / N
- Alcohol or drugs that increase risky sexual situations? Y / N
- Sex with many partners or someone you don't know? Y / N
- Sex with someone who exchanges sex for money or drugs? Y / N / ?
- Sex with someone who has sex with many partners? Y / N / ?
- Sex partners who used street drugs with a needle or shared a needle? Y / N / ?

- Sex without a condom with someone who had an STD? Y / N / ?
- Male sex partners who have ever had sex without a condom with a man? Y / N / ?
- Sex without a condom with someone who has HIV/AIDS? Y / N / ?

Or have you ever:

- Had a blood transfusion or received blood products? Y / N
- Used street drugs with a needle or share a needle for another reason? Y / N
- Traded sex for drugs, money or favors? Y / N

Key: Y = Yes, N = No, ? = Don't know

If you answered “yes” or “don't know” to any question, you are at risk of getting an STD.

The more you answered “yes” or “don't know” to the questions, the greater your risk.

You can reduce your risk of getting an STD

Things to do:

- Be abstinent. Don't have sex.
- Have sex with only one partner.
- Use condoms every time you have oral, vaginal or anal sex. Use plastic condoms if you have a latex allergy.
- Use latex shields or plastic wrap to help prevent STDs during oral sex.
- Use a silicone-based lubricant with condoms to help keep condoms from breaking and reduce irritation.
- Wash genitals and hands before and after sexual contact.
- Look at your own and your partner's genitals to check for rashes, sores, bumps or discharge before sexual contact.
- Get shots to prevent hepatitis B and HPV (genital warts and cervical cancer).
- Get tested. Many STDs have no symptoms.
- Both partners use a birth control method to prevent unplanned pregnancy.
- If you have an STD, get and take all of your treatment. Many STDs can be cured.

Plan ahead:

Think about protecting yourself.