

**Sexually Transmitted Infections
(STIs)
for Adolescents and Adults**

Before we get started...

- STIs are commonly known as STDs
- It is possible to get an STI from being sexually assaulted
- STIs can be passed when someone who is infected passes semen or vaginal fluids through sexual contact (vaginal, oral, or rectal)



Before we get started...

- Treatment is more important than testing
- It can take weeks or even months for some STIs to develop
- Medications to prevent some STIs can be offered today, without testing (this is called prophylaxis)



Before we get started...

- STIs can impact your long-term health if left untreated, which is why it is important to discuss treatment today
- The Center for Disease Control is the national expert on infectious disease
- Recommendations are based on information from the CDC



Chlamydia



Most men and women will have no symptoms



Potential for long-term health impact if left untreated

- May lead to severe pelvic infection
- May make it difficult to get pregnant



There is safe and effective treatment



Take a one time treatment today



Gonorrhoea



Most men and women will have no symptoms



Potential for long-term health impact if left untreated

- May lead to severe pelvic infection
- May make it difficult to get pregnant



There is safe and effective treatment



Take a one time treatment today



Trichomonas



Some people will have a foul smelling discharge



Potential for long-term health impact if left untreated

- May lead to an early labor if you are pregnant
- May put you at higher risk for HIV if left untreated



There is safe and effective treatment



Take a one time treatment today

*Important: this medication can **NOT** be taken with alcohol in your system 3 days before and 3 days after, as it can make you very sick*



Herpes



Could cause burning and tingling in genital area



Easily spreadable with potential for health impact

- May increase your risk of acquiring other STIs in the future
- May cause one or more outbreaks



Medication can decrease length and frequency of outbreak(s)



No treatment available today

Important: go to your doctor right away if you experience any symptoms



HPV (Genital Warts)



Could cause small bumps or something feeling 'different'



Potential for health impact in the future



There is treatment available



No treatment today; vaccine is available

Important: go to your doctor right away if you experience any symptoms



Hepatitis B



Potential for health impact in the future

- May cause liver damage






There is treatment available

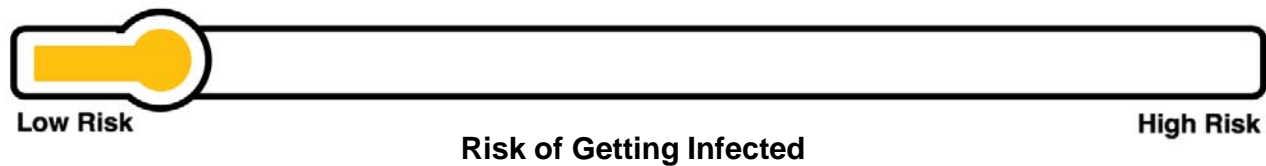


Vaccine is available today, if you have not been vaccinated






Hepatitis C

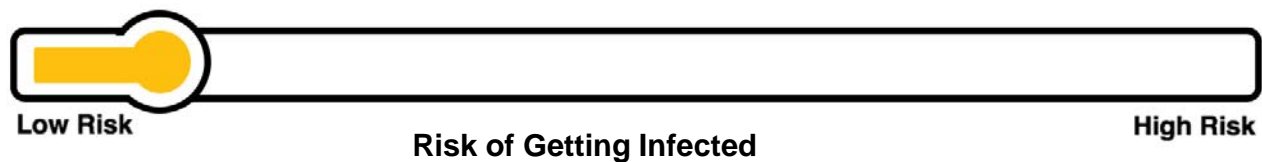
-  Potential for health impact in the future
-  There is treatment available
-  No treatment available today





Syphilis

-  Potential for health impact if left untreated
-  There is safe and effective treatment
-  No treatment available today

Important: more common for men who have sex with men



HIV

-  Medications to prevent HIV are available today
-  Additional follow-up if you started HIV prophylaxis

Refer to HIV Flipchart for further details



Next Steps

You can spread an STI to your partner(s) if you were infected during a sexual assault

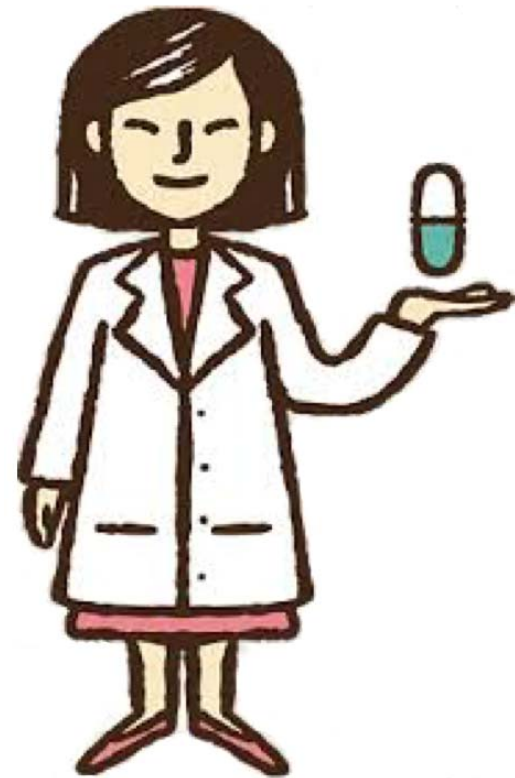
Safe Sex Practices

Important to use a condom or other barrier method until STI/HIV status has been determined (6 months)

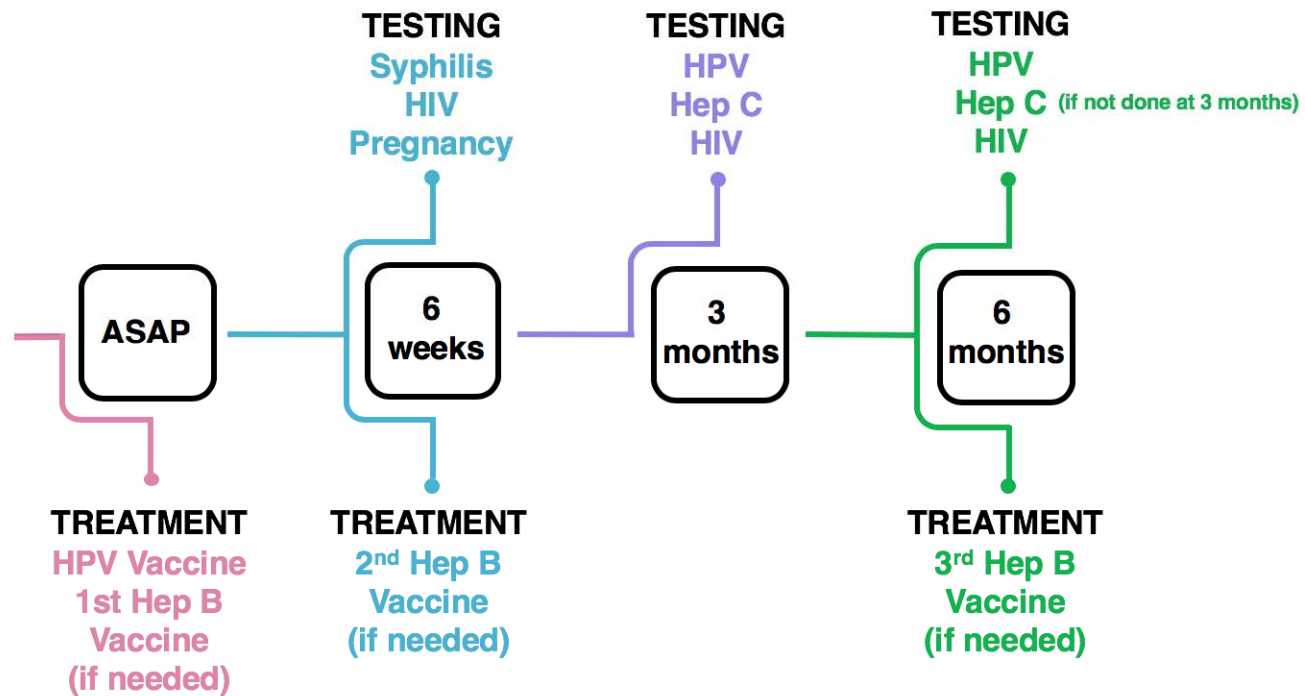


Next Steps

If you are given any take-home medications today, it is very important to finish taking them



Next Steps



Follow-up with your doctor about getting tested, even if you aren't experiencing any symptoms

Need Additional Help?

We are here for you!

Come back at any time if you need:

- Counseling
- Crisis Support
- Referral for Services
- Testing and/or Treatment



References

Centers for Disease Control and Prevention. (2019). *Sexual Assault and Abuse and STDs*. Retrieved October 14, 2019, from <https://www.cdc.gov/std/tg2015/sexual-assault.htm>

Minnesota Department of Health. (2019). *For People Who Have Been Sexually Assaulted: Information about Sexually Transmitted Diseases*. Retrieved October 14, 2019, from <https://www.health.state.mn.us/diseases/stds/basics/infoaboutstds.html>

World Health Organization. (2019). Sexually transmitted infections (STIs). Retrieved October 14, 2019, from [https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-\(stis\)](https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-(stis))

Sexually Transmitted Infections (STIs) for Adolescents and Adults Flip chart is available at mnforensicnurses.org under the **Resources** tab.

Created October 2019