

Playing It Safe with **STDs**

| STD | WHO should be tested | HOW often to get tested |
|-------------------------|--|---|
| Chlamydia and gonorrhea | <ul style="list-style-type: none"> Sexually active women younger than 25 Women 25 and older with new or multiple partners Pregnant women Men younger than 29 who are at high risk Anyone who has symptoms (abnormal discharge, burning feeling while urinating) | <ul style="list-style-type: none"> Yearly, regardless of risk Yearly Early in pregnancy At least yearly, but as often as every 3-6 months depending on risk As symptoms appear |
| Syphilis | <ul style="list-style-type: none"> Pregnant women Men who have sex with men Anyone who has symptoms (genital sores, skin rash) | <ul style="list-style-type: none"> Early in pregnancy Yearly, or every 3-6 months for men at increased risk As symptoms appear |
| HIV | <ul style="list-style-type: none"> All teens and adults age 15-65 Pregnant women Men who have sex with men People who have HIV positive partners | <ul style="list-style-type: none"> At least once in their lifetime Early in pregnancy Yearly Every 6-12 months |
| HPV | <ul style="list-style-type: none"> Women over 30 | <ul style="list-style-type: none"> Every 5 years with Pap test |
| Hepatitis C | <ul style="list-style-type: none"> People born between 1945 and 1965 People with Hepatitis C positive partners High risk adults | <ul style="list-style-type: none"> One-time screening Yearly At least once, and yearly if high risk behaviors are continued |
| Hepatitis B | <ul style="list-style-type: none"> Pregnant women High risk adults | <ul style="list-style-type: none"> Early in pregnancy At least once, and yearly if high risk behaviors are continued |
| Herpes simplex | <ul style="list-style-type: none"> Pregnant women with history of genital herpes simplex virus Anyone who has symptoms (genital sores and lesions) | <ul style="list-style-type: none"> Early in pregnancy and the end of the third trimester As symptoms appear |
| Trichomonas | <ul style="list-style-type: none"> Anyone who has symptoms (Abnormal discharge, painful urination) | <ul style="list-style-type: none"> As symptoms appear |
| Bacterial vaginosis | <ul style="list-style-type: none"> Pregnant women Women who have symptoms (abnormal vaginal discharge and odor) | <ul style="list-style-type: none"> Some doctors screen pregnant women, but there is no standard recommendation As symptoms appear |

*The CDC does not classify bacterial vaginosis as an STD, but the infection rarely affects women who are not sexually active.

- Every year, there are an estimated **20 million** new STD infections in the United States.
- Anyone who is **sexually active** can get an STD.
- **STDs are preventable.** You can avoid getting or giving an STD by:
 - practicing abstinence
 - using a condom correctly every time you have sex
 - having fewer sexual partners and knowing their STD history
 - getting vaccinated