

Playing It Safe with STIs

STI

WHO should be tested

HOW often to get tested

Chlamydia and gonorrhea

- Sexually active women younger than 25
- Women 25 and older
- Pregnant people
- Men who have sex with women
- Men who have sex with men
- Anyone who has symptoms (abnormal discharge, burning feeling while urinating)

- Yearly, regardless of risk
- Yearly, dependent on risk (eg. New or multiple partners)
- Early in pregnancy
- Dependent on risk
- Yearly at sites of contact or every 3-6 months depending on risk
- As symptoms appear

Syphilis

- Women and men who have sex with men
- Men who have sex with men
- Pregnant people (genital sores, skin rash)
- Anyone who has symptoms

- Screen if asymptomatic AND high risk
- Yearly, or every 3-6 months for men at increased risk
- At first prenatal visit and again at 28 weeks if at high risk
- As symptoms appear

HIV

- All teens and adults age 13-64
- Pregnant people
- Men who have sex with men
- Anyone who has tested positive for an STI
- People who have partners who are HIV positive

- At least once in their lifetime unless they opt out
- First prenatal visit and again in the third trimester if high risk
- Yearly, if HIV status is unknown or negative. Consider screening every 3-6 months if high risk
- Yearly, or consider 3-6 months if high risk
- Every 6-12 months

HPV

- Women over 30

- Every 5 years with Pap test

Hepatitis C

- All adults over 18 years old

- One-time screening unless the positive rate in the area is less than 0.1%

Hepatitis B

- Pregnant people
- High risk adults

- Early in pregnancy
- At least once, and yearly if high risk behaviors are continued

Herpes simplex

- Pregnant people with history of genital herpes simplex virus
- Anyone who has symptoms (genital sores and lesions)

- Early in pregnancy and the end of the third trimester
- As symptoms appear

Trichomonas

- Anyone who has symptoms (Abnormal discharge, painful urination)
- Women who live in high-prevalence areas or if they are at higher risk for infection

- BOTH: As symptoms appear

Bacterial vaginosis

- Pregnant people
- Women who have symptoms (abnormal vaginal discharge and odor)

- Some doctors screen pregnant women, but there is no standard recommendation
- As symptoms appear

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

STIs are preventable. You can avoid getting or giving an STI by:

- practicing abstinence
- using a condom correctly every time you have sex
- having fewer sexual partners and knowing their STI history
- getting vaccinated

