

## What is an STD?

It's a disease you can get from the person you have sex with. STD stands for Sexually Transmitted Disease.

If you have sex with someone who has a sexual disease, you can get an STD.

## Why worry about an STD?

STDs can hurt your health. STDs can also hurt your chances of having children in the future.

## How to take care of yourself

1. The only way you can be sure you won't get an STD is to decide not to have sex.
2. If you do have sex, use condoms (rubbers) every time.



3. Get an STD test at a clinic or doctor's office once a year or every time you have a new sex partner. Talk to your partner about getting tested too.
4. Stay away from drugs and alcohol. If you are drunk or stoned, it is hard to make good decisions for yourself.

## How to know if you have an STD

You can have an STD and not know you have it.

Know the signs of an STD. They are:

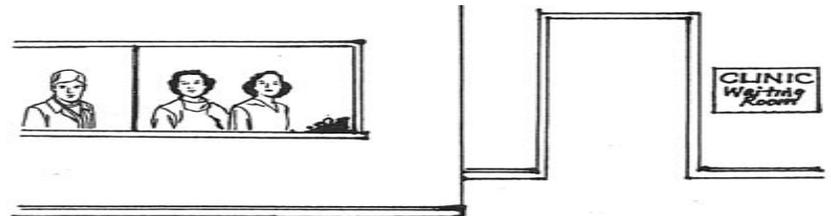
- Pain when you urinate (pee)
- Discharge (fluid) from the penis or the vagina that has a different smell or color than usual
- Pain in the lower abdomen (belly)
- Lumps, bumps, rashes or itching around the penis or vagina

\* Sometimes there are NO SIGNS.

## What to do if you have signs of an STD

Go to a clinic or to your doctor for an STD test if you or your sex partner have any of the signs of an STD.

Getting tested is easy. Get tested once a year. It's part of taking care of yourself.



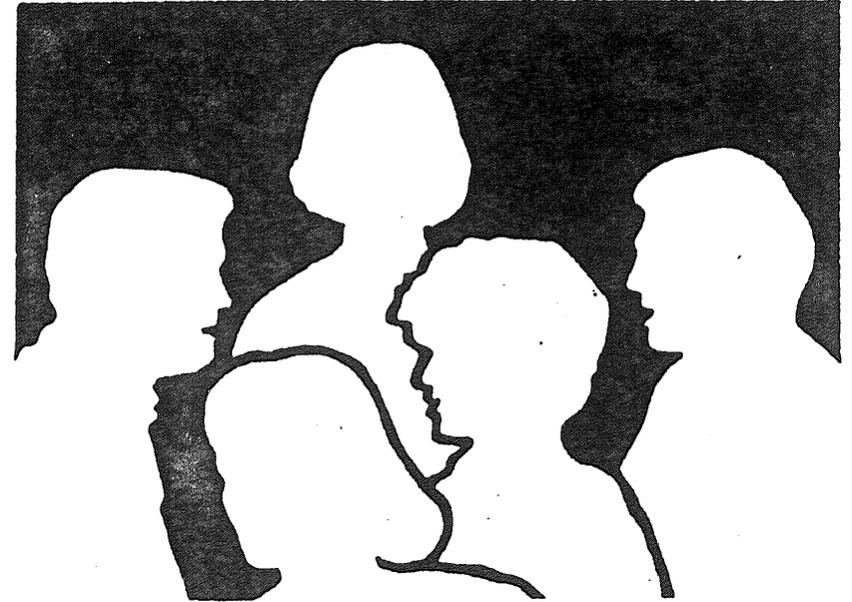
Remember, STDs can hurt your health, especially if you get one and don't get medical help right away.

**Take care of yourself:**

- \* Say no to sex or use a condom (rubber) every time.
- \* Get checked for STDs at least once a year or every time you have sex with a new partner.
- \* Ask your partner(s) to get checked.
- \* Get medical care if you have any signs of an STD.
- \* Think ahead. Plan ahead.



# Take Care of Yourself...



**to avoid an STD.**