STD
(Sexually Transmitted Disease)
FACTS

From the Minnesota Department of Health

Information about:

- Signs and Symptoms
- Transmission
- Complications
- Prevention
- Testing and Treatment

Regarding:
- Bacterial Vaginosis (BV)
- Chancroid
- Chlamydia
- Genital Warts/HPV
- Gonorrhea
- Hepatitis A
- Hepatitis B
- Herpes
- HIV Infection and AIDS
- Lymphogranuloma Venereum (LGV)
- Molluscum
- Nongonococcal Urethritis (NGU)
- Pelvic Inflammatory Disease (PID)
- Pubic Lice (crabs) and Scabies
- Syphilis
- Trichomoniasis

Note: These fact sheets are for information only and are not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider.

STD and HIV Section, Minnesota Department of Health, P.O. Box 64975, St. Paul, MN 55164-0975
(651) 201-5414; www.health.state.mn.us/std

Updated by the Minnesota Department of Health, STD and HIV Section, April 2011
SIGNS AND SYMPTOMS

See a doctor or clinic if these symptoms are present:

For women:
- Unusual discharge or smell from the vagina
- Burning or itching around the vagina
- Bleeding from vagina not associated with period
- Pelvic pain during sexual intercourse
- Persistent, unexplained pain in pelvic area

For men:
- Pus or other discharge from penis

For both women and men:
- Sores, bumps or blisters on or near the genitals, mouth or anus
- Burning and pain during urination or a bowel movement
- Swelling in the groin (the area around your genitals)

Remember:
- Many STDs have no signs and symptoms. Sometimes, the symptoms go away but the STD is still present.
- Some people believe that if a blood sample is taken during a visit to the doctor that they are checking for STDs. This may not be true.
- People should talk to their doctors about being tested for STDs if they are at risk.
- Testing for STDs may not be done during routine gynecological exams for women.

PREVENTION

- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
- Limit the number of sex partners.
- Latex condoms, when used consistently and correctly, are highly effective in preventing transmission of HIV and most STDs.
- Always use latex condoms during vaginal and anal sex.
- Use a latex condom for oral sex on a penis.
- Use a latex barrier (dental dam or condom cut in half) for oral sex on a vagina or anus.
- Notify sex partners immediately if you have an STD.
- Make sure partners are tested and treated at same time to prevent re-infection.

TESTING AND TREATMENT

- Get a test from a medical provider if infection is suspected.
- Some STDs can be cured using medication prescribed by a medical provider.
- Don’t use home remedies.

TRANSMISSION

Most STDs are spread by:
- Vaginal sex
- Oral sex
- Anal sex
- Infected mother to newborn

COMPLICATIONS

If left untreated, some STDs can:
- Spread to sex partners or needle-sharing partners
- Be serious and painful
- Cause permanent damage to reproductive organs
- Lead to infertility in men and women
- Infect newborns, and may lead to serious complications and even death of infants
- Cause heart disease, blindness, arthritis, brain damage or death
Bacterial Vaginosis (BV)

BACKGROUND

BV is a condition in women where the balance of bacteria normally found in the vagina is disrupted. The cause of this imbalance is not fully understood. BV is not a sexually transmitted disease in the conventional sense — any woman can get BV, even those who have never had sex. However, sexually active women are at increased risk of BV and the reasons for this are unclear.

SIGNS AND SYMPTOMS

- Some women have no symptoms
- Strong “fishy” vaginal odor, especially after sex
- Abnormal vaginal discharge – white or grey, watery or foamy
- Pain during urination
- Vaginal itching

TRANSMISSION

It is unclear what causes the imbalance in vaginal bacteria that leads to BV. However, some behaviors can increase a woman’s risk of BV:

- Having a new sex partner
- Having multiple sex partners
- Douching

COMPLICATIONS

- In pregnant women, having BV can increase risk of preterm birth and low birth weight.
- Having BV makes it easier to transmit or acquire HIV during sex.

PREVENTION

- Avoiding vaginal sex may reduce a woman’s risk of getting BV.
- Limit the number of sex partners.
- To maintain “healthy” vaginal bacteria, do not douche.

TESTING AND TREATMENT

- Get a test from a medical provider if infection is suspected.
- BV can be cured using medication prescribed by a medical provider.
- Male sex partners do not need to be treated at the same time.

NOTE: BV can recur after treatment.

FOR MORE INFORMATION, CONTACT:

Minnesota Department of Health
STD and HIV Section
(651) 201-5414
www.health.state.mn.us/std

Minnesota Family Planning and STD Hotline
1-800-783-2287 Voice/TTY; (651) 645-9360 (Metro)
www.sexualhealthmn.org

American Social Health Association (ASHA)
www.ashastd.org

CDC National STD and AIDS Hotlines
1-800-CDC-INFO; 1-888-232-6348 TTY
www.cdc.gov/std
Chancroid

*(caused by *Haemophilus ducreyi*, a bacteria)*

**NOTE:** Chancroid is rare in the U.S. If you have signs or symptoms of any sexually transmitted disease you should see a health care provider for evaluation and possible treatment.

**SIGNS AND SYMPTOMS**

- Painful and draining open sores in the genital area
- Painful, swollen lymph nodes in the groin
- Begin 4-10 days after exposure

**TRANSMISSION**

Chancroid is spread by:

- Vaginal sex
- Oral sex
- Anal sex
- Skin to skin contact with infected lesion or sores

**COMPLICATIONS**

If left untreated, chancroid:

- Can spread to sex partners
- Makes it easier to transmit or acquire HIV during sex
- Can cause destruction of foreskin tissue on penis
- Sores can become infected with other germs

**PREVENTION**

- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
- Latex condoms, when used consistently and correctly, can reduce the risk of chancroid only when the infected areas are covered or protected by the condom.
- Always use latex condoms during vaginal and anal sex.
- Use a latex condom for oral sex on a penis.
- Use a latex barrier (dental dam or condom cut in half) for oral sex on a vagina or anus.
- Limit the number of sex partners.
- Notify sex partners immediately if infected.
- Infected sex partners should be tested and treated.

**TESTING AND TREATMENT**

- Get a test from a medical provider if infection is suspected.
- Chancroid can be cured using medication prescribed by a medical provider.
- Partners should be treated at the same time.

**NOTE:** A person can be re-infected after treatment.

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**Chlamydia**  
*(caused by *Chlamydia trachomatis*, a bacteria)*

**SIGNS AND SYMPTOMS**

- Most people have no symptoms  
- Develop 7-21 days after exposure, or not at all

For women:

- Abnormal vaginal bleeding or discharge  
- Burning or pain during urination  
- Pain in lower abdomen  
- Anal discomfort

For men:

- Watery or thin white discharge from penis  
- Burning or pain during urination  
- Anal discomfort

**TRANSMISSION**

Chlamydia is spread by:

- Vaginal sex  
- Oral sex  
- Anal sex  
- Infected mother to newborn

**COMPLICATIONS**

If left untreated, chlamydia can:

- Spread to sex partners  
- Lead to ectopic (tubal) pregnancy  
- Lead to pelvic inflammatory disease  
- Lead to infertility in men and women  
- Make it easier to transmit or acquire HIV during sex

During pregnancy, chlamydia infection:

- Can be passed to newborn during childbirth and cause serious eye infection or pneumonia  
- Can lead to premature delivery and low birth weight

**PREVENTION**

- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.  
- Latex condoms, when used consistently and correctly, can reduce the risk of transmission of chlamydia.  
- Always use latex condoms during vaginal and anal sex.  
- Use a latex condom for oral sex on a penis.  
- Use a latex barrier (dental dam or condom cut in half) for oral sex on a vagina or anus.  
- Limit the number of sex partners.  
- Notify sex partners immediately if infected.  
- Make sure partners are tested and treated at the same time to prevent re-infection.

**TESTING AND TREATMENT**

- Get a test from a medical provider if infection is suspected.  
- Chlamydia can be cured using medication prescribed by a medical provider.  
- Partners should be treated at the same time.

NOTE: A person can be re-infected after treatment.

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Genital Warts/HPV
(caused by human papillomavirus - HPV)

SIGNS AND SYMPTOMS
• Most people have no symptoms
• Develop within weeks or months after exposure, or not at all
• Soft fleshy lumps on or near genitals or anus
• Itching or burning around genitals
• Warts may be hidden in the vagina or anus
• The warts may go away with treatment, but the HPV infection can persist
• In 90% of cases, HPV disappears spontaneously within 2 years after infection

TRANSMISSION
Genital warts are spread by:
• Vaginal sex
• Oral sex (rare)
• Anal sex
• Contact with infected person’s warts
• Infected mother to newborn (very rare)
• Warts/HPV may be spread even if no warts are visible because the virus may be present on areas not protected by a condom

COMPLICATIONS
If left untreated, genital warts can:
• Spread to sex partners
• Be passed to newborn during childbirth; can cause warts in infant’s throat (very rare)

Some virus strains lead to abnormal Pap tests and increased risk of cervical cancer, but these strains do not cause visible warts. Sexually active women should have yearly Pap tests starting 3 years after they first had sex. HPV may also play a role in cancers of the anus, mouth/throat, penis, and vagina.

A physician may perform a special test to identify the cancer-associated strains.

PREVENTION
• Two vaccines are now available for females 9-26 years of age to protect against the types of HPV that cause most cases of genital warts and cervical cancer.
• One vaccine is available for males 9-26 years of age for protection against most genital warts.
• Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
• Latex condoms, when used consistently and correctly, can reduce the risk of HPV infection only when the infected areas are covered by the condom. Using condoms may also help protect against HPV-related diseases such as cervical cancer.
• Always use latex condoms during vaginal/anal sex.
• Use a latex condom for oral sex on penis.
• Use a latex barrier (dental dam or condom cut in half) for oral sex on a vagina or anus.
• Limit the number of sex partners.

TESTING AND TREATMENT
• Get an exam from a medical provider if infection is suspected.
• Warts can be treated, but HPV cannot be cured.
• HPV requires medical treatment by doctor.
• Drugstore treatment for other kinds of warts may be harmful if used on genital warts.

“High risk” HPV strains that cause cancer do not cause visible genital warts. But, high-risk strains may be present along with visible warts.

The body may eventually clear the virus with or without treatment.

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Updated by the Minnesota Department of Health, STD and HIV Section, April 2011
**Gonorrhea**
*(caused by Neisseria gonorrhoea, a bacteria)*

**SIGNS AND SYMPTOMS**
- May be mild or absent, especially in women
- Usually begin 2-7 days after exposure

For women:
- Abnormal vaginal bleeding, discharge or itching
- Burning or pain during urination or bowel movement
- More pain than usual during periods
- Cramps and pain in lower abdomen
- Anal discomfort, itching or discharge

For men:
- Thick, white or yellow discharge (pus) from penis
- Burning or pain during urination or bowel movement
- Anal discomfort, itching or discharge

**TRANSMISSION**
Gonorrhea is spread by:
- Vaginal sex
- Oral sex
- Anal sex
- Infected mother to newborn

**COMPLICATIONS**
If left untreated, gonorrhea can:
- Spread to sex partners
- Lead to pelvic inflammatory disease
- Lead to ectopic (tubal) pregnancy
- Lead to infertility in men and women
- Cause infection in the joints
- Make it easier to transmit or acquire HIV during sex

During pregnancy, gonorrhea infection:
- May be passed to newborn during childbirth
- May cause serious eye infection in newborn
- May infect other organs

**PREVENTION**
- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
- Latex condoms, when used consistently and correctly, can reduce the risk of transmission of gonorrhea.
- Always use latex condoms during vaginal and anal sex.
- Use a latex condom for oral sex on a penis.
- Use a latex barrier (dental dam or condom cut in half) for oral sex on a vagina or anus.
- Limit the number of sex partners.
- Notify sex partners immediately if infected.
- Make sure partners are tested and treated at same time to prevent re-infection.

**TESTING AND TREATMENT**
- Get a test from a medical provider if infection is suspected.
- Gonorrhea can be cured using medication prescribed by a medical provider.
- Partners should be treated at the same time.

NOTE: A person can be re-infected after treatment.

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Updated by the Minnesota Department of Health, STD and HIV Section, April 2011
Hepatitis: Type A
(caused by hepatitis A virus)

**SIGNS AND SYMPTOMS**
- Fever
- Loss of appetite
- Abdominal discomfort
- Yellow eyes and skin
- Dark urine or light-color stool
- Nausea or vomiting
- Fatigue
- Begin 15-50 days after exposure

**PREVENTION**
- Wash hands after bowel movement.
- Avoid oral/anal and finger/anal sex.
- Hepatitis A vaccine is recommended for all children over 12 months of age, adolescents and sexually active adults.
- Immune globulin injection may be given within 14 days of exposure.

**TRANSMISSION**
Hepatitis A is spread by:
- Fecal-oral transmission (food-borne transmission)
- Oral sex
- Finger/anal sex

**COMPLICATIONS**
- Hepatitis A can spread to sex partners
- Hepatitis A causes no long-term liver damage and usually does not cause death.
- There is no chronic carrier state.
- Having had the disease produces lifelong immunity against re-infection.

**TESTING AND TREATMENT**
- Get a test from a medical provider if infection is suspected.
- There is no effective treatment to shorten course of acute infection.

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Hepatitis: Type B
(caused by hepatitis B virus)

SIGNS AND SYMPTOMS

- Loss of appetite
- Abdominal discomfort
- Yellow eyes and skin
- Dark urine or light-color stool
- Nausea or vomiting
- Fatigue
- Pain in muscles and joints
- Begin 45-180 days after exposure

TRANSMISSION

Hepatitis B is spread by:

- Vaginal sex
- Anal sex
- Oral sex
- Sharing needles for injecting drugs, body piercing or tattooing
- Infected mother to newborn
- Sharing personal items that may have blood or bodily fluids on them (razors, tooth brushes, nail clippers, pierced earrings)

COMPLICATIONS

- Can spread to sex partners
- Can lead to chronic liver disease, cirrhosis, liver cancer and death
- Infected mother can pass virus to newborn.
- Infected baby may become a chronically infected.
- Can infect others while in both acute and chronic phases.
- Less than 1% of people die during the acute phase of infection.

PREVENTION

- Hepatitis B vaccine is recommended for all infants, adolescents and sexually active adults.
- Don’t share needles for drugs, tattooing or piercing.
- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
- Latex condoms, when used consistently and correctly, can reduce the risk of transmission of hepatitis B.
- Always use latex condoms during vaginal and anal sex.
- Use a latex condom for oral sex on a penis.
- Use a latex barrier (dental dam or condom cut in half) for oral sex on a vagina or anus.
- Limit the number of sex partners.
- Don’t share personal items like razors.
- When infant is born to an infected mother, immunize infant at birth.

TESTING AND TREATMENT

- Get a test from a medical provider if infection is suspected.
- Hepatitis B immune globulin injection given within 7 days after blood exposure or 14 days after sexual contact; vaccine may also be recommended.

FOR MORE INFORMATION, CONTACT:

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Updated by the Minnesota Department of Health, STD and HIV Section, April 2011
Herpes
(caused by herpes simplex virus types 1 and 2 – HSV)

SIGNS AND SYMPTOMS

- Most people may never develop symptoms or the symptoms are too mild to notice.
- Develop within 2-30 days, or longer, or not at all.
- Small, painful fluid-filled blisters on genitals, mouth or anus.
- Blisters progress to open sores that crust over and heal within 1-2 weeks.
- Blisters may be “hidden” in the vagina.
- First episode most severe, subsequent episodes milder.
- Itching or burning on skin in area where blisters are about to appear.
- Initial infection often accompanied by fever, headache and swollen lymph nodes.
- Blisters go away, but infection is still in the body.
- Blisters can return periodically, but usually with shorter duration and less severity.

TRANSMISSION

Genital herpes is spread by:
- Vaginal sex
- Oral sex
- Anal sex
- Contact with infected person’s lesions
- Infected mother to newborn

Herpes can also be spread from one area of the body to another via contact with or touching an infected area.

Viral shedding may occur in the absence of blisters, so transmission is possible when lesions are absent. Most transmission occurs in absence of sores.

COMPLICATIONS

Genital herpes can:
- Spread to sex partners
- Make infection by other germs, like HIV, easier, as the blisters provide easy entry to other STD germs
- Cause recurrent painful outbreaks

Genital herpes and pregnancy
- Most pregnant women with recurrent genital herpes deliver normal infants.
- Newborn may acquire infection from mother during delivery.
- Infection in newborn may cause death, or severe damage to the brain, lungs and liver.
- Risk is highest for infants born to mothers who have first episode of genital herpes during pregnancy.

PREVENTION

- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
- Latex condoms, when used consistently and correctly, can reduce the risk of genital herpes only when the infected areas are covered or protected by the condom.
- Always use latex condoms during vaginal and anal sex.
- Use a latex condom for oral sex on a penis.
- Use a latex barrier (dental dam or condom cut in half) for oral sex on a vagina or anus.
- Limit the number of sex partners.
- Notify sex partners immediately if infected.
- When pregnant, inform doctor if previously infected with herpes.
- Never have sex with someone who has genital herpes when sores are present.

TESTING AND TREATMENT

- Get a test from a medical provider if infection is suspected.
- No cure is available; infection persists for life.
- Recurrent episodes of blisters can be decreased by taking an antiviral medication each day.
- Treatment of recurrent episodes generally shortens the length of outbreaks.
- Comfort measures are available for recurrent episodes.

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Updated by the Minnesota Department of Health, STD and HIV Section, April 2011
HIV Infection and AIDS
(caused by human immunodeficiency virus or HIV)

SIGNS AND SYMPTOMS

Early (weeks to months after exposure):
- Flu-like illness
- Swollen lymph nodes

Late (years after exposure):
- Persistent fevers
- Night sweats
- Prolonged diarrhea
- Unexplained weight loss
- Purple bumps on skin or inside mouth and nose
- Chronic fatigue
- Swollen lymph nodes
- Recurrent respiratory infections

Note: These symptoms are not specific for HIV and may have other causes. Most persons with HIV have no symptoms at all for several years.

TRANSMISSION

HIV is spread by:
- Vaginal sex
- Oral sex
- Anal sex
- Sharing needles to inject drugs, body piercing or tattooing
- Contaminated blood products (rare)
- Infected mother to newborn at birth or through breastfeeding

HIV infection cannot be spread by:
- Shaking hands
- A social kiss
- Cups
- Animals
- Hugging
- Swimming pools
- Toilet seats
- Food
- Insects
- Coughing

COMPLICATIONS

- HIV can spread to sex partners and persons sharing needles.
- There is no cure for HIV and without treatment most people eventually die from the disease.

HIV/AIDS and pregnancy
- HIV can be passed to unborn children from infected mother during pregnancy or childbirth.
- Infected mother may infect infant through breast milk.

PREVENTION

- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
- Limit the number of sex partners.
- Latex condoms, when used consistently and correctly, are highly effective in preventing the transmission of HIV, the virus that causes AIDS.
- Always use latex condoms during vaginal and anal sex.
- Use a latex condom for oral sex on a penis.
- Use a latex barrier (dental dam or condom cut in half) for oral sex on a vagina or anus.
- Limit or avoid use of drugs and alcohol.
- Don’t share drug needles, cotton or cookers.
- Don’t share needles for tattooing or piercing.
- Notify sex and needle-sharing partners immediately if HIV-infected.

TESTING AND TREATMENT

- Tests are available to detect antibodies for HIV through physicians, STD clinics, and HIV counseling and testing sites.
- There is no cure for HIV/AIDS.
- Early diagnosis and treatment can prolong life for years.
- Medications and treatments are available to keep immune system working.
- Medications are available to treat AIDS-related illnesses.
- Medications are available for HIV infected pregnant women to greatly reduce the chance of infection of newborn.
- There are experimental drug trials testing new medications.

FOR MORE INFORMATION, CONTACT:

Minnesota Department of Health
STD and HIV Section
(651) 201-5414
www.health.state.mn.us/hiv

Minnesota AIDS Project AIDSLine
(612) 373-AIDS (Metro)
1-800-248-AIDS (State)
(612) 373-2465 TTY (Metro)
1-888-820-2437 TTY (State)
www.mnaisdproject.org

American Social Health Association (ASHA)
www.ashastd.org

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www.cdc.gov/hiv

Updated by the Minnesota Department of Health, STD and HIV Section, April 2011
Lymphogranuloma Venereum (LGV)
(caused by 3 subtypes of Chlamydia trachomatis, a bacteria)

NOTE: LGV is rare in the U.S. If you have signs or symptoms of any sexually transmitted disease you should see a health care provider for evaluation and possible treatment.

SIGNS AND SYMPTOMS
Early stage LGV symptoms:
- Begin 3–12 days or longer after exposure
- Early symptoms often go unnoticed or never occur
- Soft red, painless sore or lesion that forms on or near the genitals or anus
- Sores can also occur in the throat or mouth from oral sex
- The sore heals rapidly in a few days

Later stage LGV symptoms:
- Begin 2–6 weeks or longer after primary lesion
- Swollen lymph glands on one or both sides of the groin
- Pain during urination or when passing stools
- Constipation
- Rectal bleeding
- Pain in lower abdomen or back
- Pus-filled or bloody diarrhea
- Fever, chills, joint pain, decreased appetite and tiredness

TRANSMISSION
LGV is spread by:
- Vaginal sex
- Oral sex
- Anal sex

COMPLICATIONS
If left untreated, LGV can:
- Spread to sex partners.
- Cause severe scarring and deformed genitals.
- Cause scarring of rectum causing narrowing.
- In women, create an opening between the vagina and anus (fistula).
- Cause brain inflammation (very rare).

PREVENTION
- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
- Latex condoms, when used consistently and correctly, can reduce the risk of transmission of LGV.
- Always use latex condoms during vaginal and anal sex.
- Use a latex condom for oral sex on a penis.
- Use a latex barrier (dental dam or condom cut in half) for oral sex on a vagina or anus.
- Limit the number of sex partners.
- Notify sex partners immediately if infected.
- Make sure partners are tested and treated.

TESTING AND TREATMENT
- Get a test from a medical provider if infection is suspected.
- LGV can be cured using medication prescribed by medical provider.
- Partners should be treated at same time.

NOTE: A person can be re-infected after treatment.

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Molluscum
(caused by *molluscum contagiosum virus, MCV*)

BACKGROUND

Molluscum is generally a benign infection and symptoms may resolve without treatment. Molluscum was once a disease primarily of children, but it has evolved to become a sexually transmitted disease in adults.

SIGN AND SYMPTOMS

May appear 1 week to 6 months after infection, with an average of 2 to 3 months:

- Painless, flesh colored, gray-white, yellow or pink lesions, lasting from 2 weeks to 4 years with an average of 2 years.
- Lesions appear on the genitals, abdomen, inner thigh or anal area.
- Lesions may begin as small bumps but can develop into larger sores or bumps.
- People with AIDS or others with compromised immune systems may develop numerous lesions.

TRANSMISSION

- Sexual contact (most common)
- Inanimate objects: towels and clothing
- Swimming pools and sharing baths
- Skin to skin contact
- May spread from one part of the body to another (autoinoculation)

COMPLICATIONS

- Can spread to sex partners
- If co-infected with HIV, molluscum infection may be more severe
- Molluscum increases the risk for other skin infections

PREVENTION

- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
- Avoid skin-to-skin contact with an infected person.
- Limit the number of sex partners.
- Latex condoms, when used consistently and correctly, can reduce the risk of molluscum infection only when the infected areas are covered or protected by the condom.
- If infected with molluscum, avoid touching the lesion and then touching other parts of the body (autoinoculation).
- Sexual partners should be examined and treated at same time.

TESTING AND TREATMENT

- Get a test from a medical provider if infection is suspected.
- Removal of lesions reduces autoinoculation and transmission to others.

Removal of lesions can be accomplished using:

- Surgery or electrosurgery
- Chemotherapy
- Cryotherapy

Note: Lesions may recur after treatment.

FOR MORE INFORMATION, CONTACT:

Minnesota Department of Health
STD and HIV Section
(651) 201-5414
www.health.state.mn.us/std

Minnesota Family Planning and STD Hotline
1-800-783-2287 Voice/TTY; (651) 645-9360 (Metro)
www.sexualhealthmn.org

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Updated by the Minnesota Department of Health, STD and HIV Section, April 2011
Nongonococcal Urethritis (NGU)
(caused by various organisms other than gonorrhea)

SIGNS AND SYMPTOMS

- Most women and some men have no symptoms
- Begin 1-3 weeks after exposure
- Clear, yellow or white pus from the penis
- Discharge or burning of the vagina
- Burning or pain during urination

TRANSMISSION

NGU is spread by:
- Vaginal sex
- Oral sex
- Anal sex
- Infected mother to newborn

COMPLICATIONS

If left untreated, NGU can:
- Spread to sex partners
- Lead to more serious infection
- Damage reproductive organs
- Lead to infertility in men and women

During pregnancy, NGU germs can:
- Be passed from a mother to her baby during childbirth.
- Cause eye infection or pneumonia in infants.

PREVENTION

- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
- Always use latex condoms, consistently and correctly, during vaginal and anal sex.
- Use a latex condom for oral sex on a penis.
- Use a latex barrier (dental dam or condom cut in half) for oral sex on a vagina or anus.
- Limit the number of sex partners.
- Notify sex partners immediately if infected.
- Make sure sex partners are tested and treated at the same time to prevent re-infection.

TESTING AND TREATMENT

- Get a test from a medical provider if infection is suspected.
- NGU can be cured using medication prescribed by medical provider.
- Partners should be treated at same time.

NOTE: A person can be re-infected after treatment.

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BACKGROUND

PID is an infection of the female reproductive organs (uterus, fallopian tubes, and ovaries). Many types of germs can cause PID, but chlamydia and gonorrhea are the most common.

SIGNS AND SYMPTOMS

- May be absent or mild
- Pain in lower abdomen
- Fever
- Abnormal vaginal bleeding or discharge
- Burning or pain during urination
- Pain during sex

TRANSMISSION

Germs that cause PID are spread by vaginal sex.

COMPLICATIONS

If left untreated, PID can cause:

- Ectopic (tubal) pregnancy
- Infertility
- Chronic pelvic pain

PREVENTION

- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
- Latex condoms, when used consistently and correctly, can reduce the risk of transmission of germs that cause PID.
- Always use latex condoms during vaginal and anal sex.
- Limit the number of sex partners.
- Get a test from a doctor or other medical provider if infection is suspected.

TESTING AND TREATMENT

- Get a test from a medical provider if infection is suspected.
- PID can be cured using medication prescribed by medical provider.

NOTE: A person can be re-infected after treatment.

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Pubic Lice ("Crabs") and Scabies
(Pubic lice caused by Phthirus pubis, the crab louse, and scabies caused by Sarcoptes scabiei, a mite)

SIGNS AND SYMPTOMS
• Severe itching
• Sometimes lice can be seen in hairy parts of body

TRANSMISSION
Pubic lice and scabies are spread by:
• Sexual contact
• Close physical contact
• Infested towels, bedding and clothing
Transmission from toilet seats is unlikely.

COMPLICATIONS
If left untreated:
• Can spread to sex partners
• Pubic lice can spread from pubic hair to other hairy areas
• Scabies can spread through a family

PREVENTION
• Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
• Limit the number of sex partners.
• Notify sex partners immediately if infested.
• Infested sex partners should be treated.
• Avoid sleeping in the same bed or sharing towels or clothes with someone who is infested.

TESTING AND TREATMENT
• Get a test from a medical provider if infection is suspected.
• Can be killed using medication prescribed by a medical provider or, in the case of pubic lice, over-the-counter products.
• Partners should be treated at same time.
• Wash all clothes and bedding in hot water.
• Vacuum furniture.

NOTE: A person can re-acquire pubic lice or scabies after treatment.

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**Syphilis**
*(caused by *Treponema pallidum*, a bacteria)*

**SIGNS AND SYMPTOMS**

1st stage (primary syphilis)
- Symptoms begin 1-12 weeks after exposure
- A **painless**, open sore(s) on the mouth, genitals or anus
- Sore(s) can be “hidden” in the vagina or rectum
- Sore(s) last 1-5 weeks
- Sore(s) goes away, but syphilis is still in the blood

2nd stage (secondary syphilis)
- Symptoms show up 6 weeks to 6 months after sore appears
- A rash anywhere on the body
- Flu-like symptoms
- Whitish-grey patches on mouth/lips, wart-like lesions around genitals, and/or hair loss can occur but are less common

Latent stage
- No sores or rashes, but syphilis is still in the blood and can affect the heart, brain and other organs over time (tertiary syphilis)

**PREVENTION**

- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
- Latex condoms, when used consistently and correctly, can reduce the risk of syphilis only when the infected areas are covered or protected by the condom.
- Always use latex condoms during vaginal and anal sex.
- Use a latex condom for oral sex on a penis.
- Use a latex barrier (dental dam or condom cut in half) for oral sex on a vagina or anus.
- Limit the number of sex partners.
- Notify sex partners immediately if infected.
- Make sure partners are tested and treated.

**TESTING AND TREATMENT**

- Get a test from a medical provider if infection is suspected.
- Syphilis can be cured using medication prescribed by medical provider.
- Partners should be treated at the same time.

NOTE: A person can be re-infected after treatment.

**TRANSMISSION**

Syphilis is spread by:
- Vaginal sex
- Oral sex
- Anal sex
- Infected mother to newborn

**COMPLICATIONS**

If left untreated, syphilis can:
- Spread to sex partners
- Cause heart disease
- Cause blindness
- Cause brain damage
- Make it easier to transmit or acquire HIV during sex

During pregnancy, syphilis may cause:
- Stillbirths in pregnant women
- Congenital birth defects
- Severe damage to bones, brain, lungs, liver and other organs in infected infants

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**Trichomoniasis**  
*(caused by* *Trichomonas vaginalis*, *a parasite)*

### SIGNS AND SYMPTOMS

**For women:**
- Some women have no symptoms
- Usually begin 5-28 days after exposure
- Itching, burning or pain in vagina
- Frothy, yellow-green discharge with foul odor

**For men:**
- Most men have no symptoms
- Mild discharge from penis
- Pain after urination or ejaculation

### TRANSMISSION

Trichomoniasis can be spread:
- Between men and women through penis-to-vagina intercourse
- Between women through vulva-to-vulva intercourse

### COMPLICATIONS

If trichomoniasis is left untreated:
- Infections can be spread to sex partners
- Uncomfortable symptoms will continue
- In pregnant women, can cause premature delivery and low birth weight
- It can make it easier to transmit or acquire HIV during sex

### PREVENTION

- Avoiding vaginal, oral or anal sex is the best way to prevent STDs.
- Latex condoms, when used consistently and correctly, can reduce the risk of transmission of trichomoniasis.
- Always use latex condoms during vaginal sex.
- Use a latex barrier (dental dam or condom cut in half) for oral sex on a vagina or anus.
- Limit the number of sex partners.
- Notify sex partners immediately if infected.
- Infected sex partners should be treated to prevent re-infection.

### TESTING AND TREATMENT

- Get a test from a medical provider if infection is suspected.
- Trichomoniasis can be cured using medication prescribed by medical provider.
- Partners should be treated at same time.

NOTE: A person can be re-infected after treatment.

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