

Sexually Transmitted Diseases (STDs)



Sexually transmitted diseases (STDs) are caused by bacteria and viruses that are transmitted through sexual activity. The most common STDs are chlamydia, gonorrhea, and syphilis. These STDs can be treated and cured with prescription drugs.

What to do

Get tested for STDs

- If you are sexually active, get tested at least once every year. STDs don't always show symptoms right away and some people have no symptoms.
- Get tested for STDs right away if you have unusual discharge, sores, burning, or itching on your genitals, mouth, or anus.
- If you test positive for any STDs, get treated right away, and tell your sexual partners to get tested.

Protect yourself from STDs.

- Effective STD prevention methods include consistent and correct condom use during sex and limiting the number of sexual partners.

What to know

If left untreated, STDs can:

- Spread to sex partners
- Cause permanent damage to reproductive organs
- Lead to infertility in men and women
- Infect newborns, and may lead to serious complications and even death
- Cause heart disease, blindness, arthritis, brain damage, or death

For more information

- **Minnesota Department of Health:**
<http://www.health.state.mn.us/std>



At the Minnesota Department of Health, we work for all people and communities to have what they need to be healthy.

Visit us at www.health.state.mn.us

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