

Pelvic Inflammatory Disease (PID)

It is an infection in the womb, ovaries, and fallopian tubes affecting **WOMEN ONLY**.

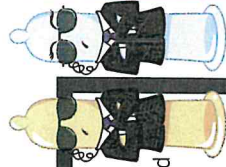
STIs left untreated can cause PID. Some women don't show any symptoms.

Signs/symptoms

- Lower abdomen pain and during intercourse.
- Fever, nausea
- Smelly vaginal discharge and irregular bleeding

Testing: Vaginal exam, Pap smear, or pelvic ultrasound.

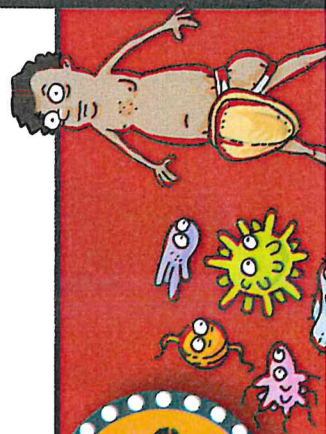
Treatment: Use of antibiotics. Additional doses are needed to treat someone infected longer than a year.



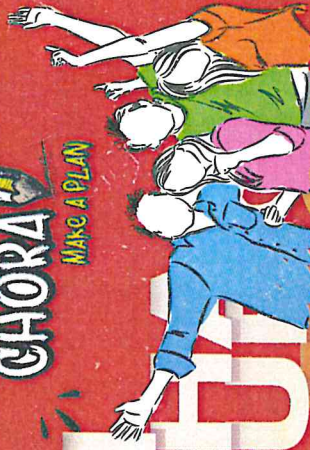
Reduce your risk

- Abstinence is the only guaranteed way to avoid STIs. **100% effective.**
- If you have sex, use condoms every time. **99% effective.**
- Talk to your partner. Do not have sex with anyone who may be infected.
- Vaccines are available to help protect against HPV and Hepatitis B.
- Regularly visit health clinics to get professional advice and testing for STIs

How to be safe



KITU NIKUKA-CHORA
MAKE A PLAN



STIs

Myth - busters

- 1 in 2 sexually active people will contract an STI before 25 and won't know it, don't be one of them.
- Using more than one condom will most likely result in a condom tear due to friction.
- Birth control will only protect you from pregnancy and not STIs.
- You can't tell if your partner has an STI by just looking at them, regular testing is the only way.
- STIs don't go away on their own, they need treatment. Without treatment, STIs can result in **infertility, blindness or even death.**



USAID
FROM THE AMERICAN PEOPLE



STIs

KITU NIKUKA-CHORA



WHAT ARE STIS



STIs are Sexually Transmitted Infections that are acquired through unprotected sexual contact (genital touching, oral, vaginal and anal sex), via bodily fluids or even skin-to-skin contact.

There are various types of STIs that can affect you;

Human Immunodeficiency Virus (HIV)

Virus, transmitted by anal, oral, or vaginal sex with an infected person.

Signs/symptoms

Acute Stage - Has no symptoms

Chronic Stage- Fever, rash, and sores.

Final stage (AIDS) - Variety of illnesses including pneumonia and cancer.

Test: A blood test allows the doctor to determine if you have HIV.

A positive test result means infected with HIV. A negative

test result means no HIV antibodies were found in your body. Even with a negative result, get tested again after three months.

Treatment: NO cure for HIV. Managed through the use of anti-retroviral drugs - ARVs

Gonorrhea

Bacteria, transmitted by anal, oral, or vaginal sex with an infected person.

Signs/symptoms

- Pain when urinating
- Pus-like discharge from penis or vagina
- Anal irritation and painful bowel movements

Test: Urine sample, or sample from infected body parts

Treatment: Antibiotics.

Human Papillomavirus (HPV)

Virus, transmitted by anal, oral, or vaginal sex with an infected person.

Signs/symptoms

- Genital Warts on the genital area.
- Lack of symptoms in others
- May lead to cancer over time -HPV is the leading causative agent

Test: Simple. Cost effective and fast Visual inspection of the cervix. A PAP smear or HPV test.

Treatment: NO cure for HPV. Genital Warts can be removed or treated.

Abnormal Cervical Cells can be treated to prevent cervical cancer.

Syphilis

Bacteria, passed on by a syphilis sore through anal, oral, or vaginal sex with an infected person. Can lead to blindness and death without treatment. Syphilis has three stages

Signs/symptoms

Primary stage- begins with a single sore (called a chancre).

Secondary stage- Skin rash and lesions appear on the palm of the hands or feet soles.

Late or latent stage - When primary and secondary symptoms disappear, but the disease is still present.

Testing: Blood test or microscopic exam of the chancre

Herpes

Virus, transmitted by anal, oral, or vaginal sex with an infected person.

Signs/symptoms

- Sores or blisters around anal area
- Flu-like symptoms, including fever and swollen glands

Test: Blood test

Treatment: NO cure for Herpes. Antiviral medications can shorten and prevent outbreaks.

Signs/symptoms

Acute Stage - Has no symptoms

Chlamydia

Virus, transmitted by anal, oral, or vaginal sex with an infected person.

Signs/symptoms

- Pain during intercourse
- Abdominal and lower back pain
- Burning sensation during urination
- Abnormal discharge

Test: Urine or cervix sample

Treatment: Antibiotics.

