

The background features several abstract, organic shapes in shades of purple and blue. A large, irregular shape is in the top right, a smaller circle is in the top center, and another irregular shape is in the bottom right.

# STI/STDs

What you should know

# Common STI/STDs & Their Symptoms

## Chlamydia

### Symptoms:

- Painful Urination
- Vaginal or Penile Discharge
- Bleeding Between Periods
- Painful intercourse for people with a cervix
- Testicular Pain

## Gonorrhea (Genitals)

### Symptoms:

- Painful Urination
- Vaginal or Penile Discharge
- Bleeding Between Periods &/or After Intercourse
- Abdominal or Pelvic Pain
- Pain in One Testicle

## Gonorrhea (Anal)

### Symptoms Continued:

- Anal Itching
- Pus or Discharge from the Anus
- Having to Strain with Bowel Movements

# Common STI/STDs & Their Symptoms

## Gonorrhea (Eyes)/ (Throat)

### Symptoms:

- Eye Pain
- Sensitivity to Light
- Pus Like Discharge from one or both eyes
- Sore Throat
- Swollen Lymph Nodes in the Neck

## Gonorrhea (Joints)

### Symptoms:

- Infected Joints may be Warm, Red, Swollen, or Extremely Painful especially during movement

## Human Papillomavirus (HPV)

### Symptoms:

- Painless Lumps or Growths Around the Vagina, Penis, or Anus
- Many people do not show symptoms.

# Common STI/STDs & Their Symptoms

## Trichomoniasis

Symptoms in People with a Cervix:

- Foul Smelling Vaginal Discharge
- Painful Urination
- Genital Itching
- People without a cervix usually have no symptoms

## Syphilis (Primary)

Symptoms:

- A Single Sore That Is Round, Firm, and Painless Where Syphilis Entered the Body (Vagina, Penis, Anus, Rectum, On the Lips, or In the Mouth)
- The Sore Usually Goes Away in 3 to 6 Weeks

## Syphilis (Secondary)

Symptoms:

- Skin Rashes
- Sores in the Mouth, Vagina, or Anus
- Fever
- Swollen Lymph Glands
- Sore Throat
- Patchy Hair Loss
- Headaches
- Weight Loss
- Muscle Aches
- Fatigue

# Common STI/STDs & Their Symptoms

## Syphilis (Latent)

Symptoms:

- A period of time where there are no symptoms but the person still has Syphilis
- This stage can last for years

## Syphilis (Tertiary)

Symptoms:

- Only Stage of Syphilis that is not contagious
- At This Stage Syphilis Can Effect the Brain, The Nervous System, the Heart, or the Spinal Cord

## HIV (Acute)

Symptoms: (About 2/3rd of people will experience at least some of the following)

- Fever
- Chills
- Rash
- Nightsweats
- Muscle ache
- Sore Throat
- Fatigue
- Swollen Lymph Nodes
- Mouth Ulcers

# Common STI/STDs & Their Symptoms

## HIV (Clinical Latency)

### Symptoms:

- During This Stage There Are No Symptoms
- This Stage Usually Lasts 10 to 15 years after exposure.
- It Is Important To Get Tested Annually

## AIDS

### Symptoms:

- Rapid Weight Loss
- Recurring Fever or Profuse Nightsweats
- Extreme & Unexplained Tiredness
- Prolonged Swelling of the Lymph Nodes in the Groin, Neck, or Armpits
- Diarrhea that lasts for more than a week

## AIDS Cont.

- Sores on the Mouth, Anus, or Genitals
- Pneumonia
- Red, Brown, Pink, or Purplish Blotches On or Under the Skin or Inside the Mouth, Nose, or Eyelids
- Memory Loss, Depression, and Other Neurologic Disorders

# Common STI/STDs & Their Symptoms

## Genital Herpes (HSV-2)

### Symptoms:

- May Have No Symptoms
- One or More Blisters On or Around the Genitals
- The Blisters Break and Leave Painful Sores that May Take a Week or More to Heal.

## Hepatitis B

### Symptoms:

- 30-50% of people >5 yrs will show symptoms
- Fever
- Fatigue
- Loss of Appetite
- Nausea
- Vomiting
- Abdominal Pain

## Hepatitis B

### Symptoms Continued:

- Dark Urine
- Clay Colored Stool
- Joint Pain
- Jaundice

# Transmission:

## Contact with Semen or Vaginal Fluid:

- HIV
- Chlamydia
- Gonorrhea
- Hepatitis B
- Syphilis
- Trichomoniasis

## Blood to Blood Contact

- HIV
- Hepatitis B

## Contact with Infected Skin or Sores

- Herpes Virus
- Genital Warts/HPV
- Syphilis
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# What Can I Do to Prevent the Spread of STIs?

# Prevention Tips:

## Use a Condom

Use a Latex or Polyurethane condom every time to protect against STIs like Chlamydia, HIV, and Gonorrhea, but they do not give full protection against Syphilis, Herpes, Genital Warts, or Monkeypox.

## Get Vaccinated

There are vaccines available for HPV and Hepatitis B.

## PrEP for HIV Prevention

Anyone who thinks they may be at risk of becoming infected with HIV can use Pre Exposure Prophylaxis to prevent from getting HIV

# Prevention Tips:

## Know Your Lube

And use it. More lubrication is better than less. Know the different kinds available to you and what they are good for:

- Waterbased
- Silicone
- Hybrid
- Alod

## Use Dental Dams

Many STIs can be spread via oral sex, so it's important to protect oneself just like one would with Anal or Vaginal Sex

## Get Tested Regularly

If you are at risk of getting STIs then you should get tested every 3 months. People not at increased risk should get tested once per year.

# Communication is Key

- Talk to your partner BEFORE having sex about safety
- Tell them if you have an STI
- Ask if they have an STI and when they were last tested
- Be respectful and nonjudgemental,
- Be honest.

## BLOW JOB SAFETY TIPS

IF CONDOMS OR BARRIERS ARE NOT  
AVAILABLE OR AN OPTION:

RISK IS LOWER TO QUICKLY SWALLOW PRE-  
CUM AND SEMEN RATHER THAN HOLDING IT IN  
YOUR MOUTH TO SPIT IT OUT. STOMACH ACIDS  
CAN DESTROY THE POTENTIALLY HARMFUL  
BACTERIA

FLOSSING AND BRUSHING YOUR TEETH CAN  
MAKE TINY CUTS INSIDE YOUR MOUTH, WHICH  
INCREASE YOUR RISK OF SPREADING OR  
GETTING HIV OR STIS. AVOID FLOSSING OR  
BRUSHING YOUR TEETH FOR AT LEAST 30  
MINUTES BEFORE OR AFTER.

AS SOON AS POSSIBLE WHEN ITS OVER,  
GARGLE WITH ASTRINGENT MOUTHWASH,  
HYDROGEN PEROXIDE, OR HARD LIQUOR.

Questions? Call HIPS at 1-800-676-4477



## HOW TO AVOID CONDOM BREAKAGE:

- Apply a bit of lube to the tip of the penis prior to rolling the condom on—it will feel better for the client and prevent breakage. It also can help them orgasm quicker.
- Regularly (every 5-10 minutes) check that the condom is still on, or that the insertive partner has not cum into the condom (re-lubrication is a good excuse to use to stop and check the condom).
- If a condom breaks during vaginal or anal sex, the receptive partner should remove excess semen from the vagina by squatting and squeezing it out using vaginal muscle exertion. Fingers can be used to scoop out any remaining excess semen. Remove excess semen from the anus by sitting down on the toilet and pushing. Fingers should **not** be used in the anus.

QUESTIONS? CALL HIPS AT 1-800-676-4477



# MAP Offers Safer Sex Supplies

At Maine Access Points we offer condoms, receptive condoms, lube, dental dams, plan b, at home HIV tests, and Pregnancy Tests. Reach out to your local MAP Location:

Washington County: (207) 370-1042

York County: (207) 370-4782

Oxford Country: (207) 370-9445

Statewide Naloxone: (207) 370-9445

# Where to get Tested:

- **Any Maine Family Planning Office:**  
Lewiston, Rumford, Fort Kent, Houlton, Presque Isle, Farmington, Ellsworth, Augusta Waterville, Thomaston, Damariscotta, Norway, Bangor, Dexter, Skowhegan, Belfast, Calais, & Machias,
- **Any Planned Parenthood Office:**  
Portland, Topsham, Biddeford, & Sanford
- **Frannie Peabody Center (only tests for HIV and Hep C)**  
Portland
- **Portland Public Health:**  
Portland

# Where to get Tested Continued:

- Health Equity Alliance (Only does HIV & Hep C testing):  
Ellsworth, Bangor, & East Machias
- Bangor Public Health & Community Services:  
Bangor
- Wabanaki Health & Wellness:  
Bangor
- Regional Medical Center at Lubec:  
Lubec

**For Linkage to Care Call/Text/Signal MAP's  
Director of Health Services: Anna McConnell  
@ (207) 319-8079**





**MAINE**

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**POINTS**