

MYTHBUSTERS

Sexually Transmitted Diseases (STDs)



1

MYTH: If I get an STD, including HIV, there is nothing I can do about it.

FACT: Many STDs are curable and most, including HIV, are treatable.

- There are different treatments for different STDs.

2

MYTH: The Pill prevents STDs.

FACT: The Pill does not prevent STDs.

- The Pill prevents pregnancy.

3

MYTH: Teens don't get STDs.

FACT: About three million teenagers get an STD every year.

- STDs are mostly found in persons between the ages of 15 and 24.

4

MYTH: You can't get STDs from skin-to-skin contact.

FACT: You can get some STDs through skin-to-skin contact. You may be at risk if you have cuts or tears on your body.

5

MYTH: You won't get an STD if you urinate, wash, or douche after sex.

FACT: If exposed to an STD, see a doctor for treatment options.

- Douching after sex is not recommended because it can destroy healthy bacteria that help fight infection.

6

MYTH: You can tell if your partner has an STD.

FACT: Some STDs do not have any symptoms that you can see.

- The only way to know for sure if you have an STD is to get tested.
- You can get an STD from having sex with someone who has no symptoms.

Vermilion County
Health Department



Public Health
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www.vchd.org

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MYTH: You won't get STDs if you only have oral or anal sex.

FACT: STDs can be spread through vaginal, oral, or anal sex with an infected person.

- Anyone who is sexually active can get an STD.

8

MYTH: Having sex in a hot tub or pool will protect you from STDs because chlorine kills germs.

FACT: STDs can be spread through intercourse even in the presence of chlorine.

- There's no replacement for a condom when it comes to protecting yourself against STDs.

9

MYTH: Only people that have a lot of sex partners are at risk of getting STDs.

FACT: It only takes one person, one time, to get an STD.

- When you have unprotected sex with someone, you are exposed to all of their previous sex partners.

10

MYTH: Once you have had an STD you can't get it again.

FACT: You can get an STD again even if you have been treated for that STD before.

FREE RESOURCES

- **Edgar County Health Department** - Paris, IL
 - 217-465-2212

LOW COST RESOURCES

- **Aunt Martha's Health & Wellness** - Danville, IL
 - 877-692-8686
- **Champaign-Urbana Public Health District**
 - 217-352-7961
- **Planned Parenthood of Champaign**
 - 217-359-8022
- **Promise Healthcare Frances Nelson** - Champaign, IL
 - 217-356-1558

CALL TO SCHEDULE

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for more information visit:
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www.cdc.gov/std/life-stages-populations/stdfacts-teens