

# Sexually Transmitted Diseases

## Prevention

Complete abstinence is the only truly preventative measure, but if you are sexually active, using protection (condoms!) can reduce your risk!



## Health Risks

Chronic abdominal pain, increased risk for miscarriage, increased risk for HIV, and even infertility.



## Symptoms

Increased discharge, unusual odor, itching or burning with urination, pain with sex.



## Treatment

Most STDs can be treated with medication by your primary care doctor.



# *WAYS TO BE INTIMATE WITHOUT HAVING SEX*

## **PLAN AN ADVENTURE**

Pack a surprise picnic, visit a pet store, take a cooking class, find a secret spot to call your own.

## **BE SPONTANEOUS**

Send flowers, leave love notes, bake a cake, share an ice cream cone, hold hands, say "I love you".

Vermilion County Health Department