

# Take control of your health!

Your complete guide to STI treatment and prevention.



## What are STIs?

Sexually transmitted infections (STIs) are infections that are passed from one person to another through sexual contact. They are usually spread during vaginal, oral, or anal sex but can spread through other contact involving the penis, vagina, mouth, anus, or use of sex toys. Some STIs, like herpes and mpox, are spread by skin-to-skin contact. **STIs are preventable and all are treatable.**

## Staying Safe

Methods you can use to reduce the risk of STIs, including HIV.



### Condoms

**Up to 99% EFFECTIVE** in preventing STIs when used consistently and correctly. Both female and male condoms can help prevent STIs. Condoms are also effective in preventing pregnancy.

## Vaccines

HPV, mpox, and Hepatitis B are currently the only three STIs that can be prevented by vaccines.



### Monogamy

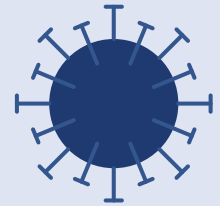
Having a long-term monogamous relationship with someone who has been tested and is known to be uninfected can lower your risk of getting STIs, including HIV.

## Abstinence

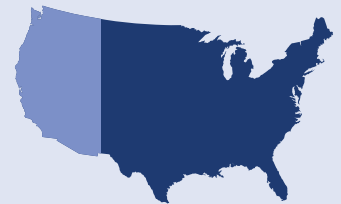
**100% EFFECTIVE** in preventing ALL STIs except mpox. Someone practicing complete abstinence does not have any type of intimate sexual contact.



## Break the Stigma!



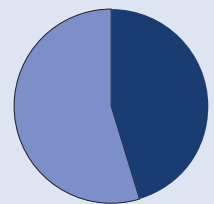
The number of people diagnosed with HIV is quickly increasing in LA County.



About 20% of the total U.S. population has an STI at any given point.



1 in 4 teens contract a sexually transmitted infection every year.



More than half of all STI cases in the United States happen in young people ages 15 to 24 years.

# Getting Tested!

Call us at (213) 747-5542 to get tested today!

## Blood Test

- Blood tests are used to diagnose syphilis, HIV, and Hepatitis B and C.
- A health care professional will take a blood sample from a vein in your arm and send it to the lab for testing.

## HIV Rapid Test

- Eisner Health offers FREE one-minute INSTI HIV-1/HIV-2 Antibody Tests.
- A health care professional will collect blood using a finger prick and complete the test during your visit. Your results will be ready right away.

## Urine Test

- Urine tests are used to diagnose gonorrhea, chlamydia, and trichomoniasis.
- You will provide a sample of urine in a cup which will be sent to the lab for testing.

## Swab Test

- Swab tests are used to diagnose HPV, chlamydia, mpox, gonorrhea, and herpes.
- A provider will use a special swab to take a sample from the site of the infection and send it to the lab for testing. Samples may be taken from the vagina, cervix, penis, or urethra. Throat and rectal samples may also be taken.

## What is PrEP?

PrEP (Pre-Exposure Prophylaxis) is a medication that can reduce your chance of getting HIV from sex or injection drug use. It can be taken by people of all genders and sexual orientations. When taken as prescribed, PrEP is highly effective for preventing HIV. The medication is a combination of two drugs, tenofovir and emtricitabine, which work together to block the virus from replicating in the body. Your provider can help you to decide if PrEP is the right choice for you.

## Where can I get PrEP?

Call (213) 747-5542 to make an appointment with one of Eisner Health's doctors and ask if PrEP is the right choice for you.

## Why take PrEP?



- Daily PrEP is up to 99% effective at reducing the risk of contracting HIV when taken as prescribed.
- There is currently no effective cure for HIV. Once people get HIV, they have it for life.

# STIs – Treatments and Prevention

Note: Even with no symptoms, you can still infect sexual partners.

| STIs                                      | What is it?   | How is it treated?  | How do I prevent?   |
|---|---|---|---|
| <b>Chlamydia</b>                          | Chlamydia is a common sexually transmitted infection (STI). It is caused by bacteria called chlamydia trachomatis. Chlamydia usually infects a woman's cervix or it may infect the urethra in both men and women. It can also infect the rectum, throat, or eyes. | Chlamydia can be cured with antibiotics. Often people infected with chlamydia have no symptoms but, if left untreated, it can cause infertility. The best way to cure chlamydia and keep from infecting your partners is to avoid sex for seven (7) days after treatment, until the antibiotics have done their job. If you are being treated, any past or current partner must be treated too. | <ul style="list-style-type: none"> <li>• Abstinence</li> <li>• Condoms</li> </ul>                                       |
| <b>Gonorrhea</b>                          | Gonorrhea is an infection caused by Neisseria gonorrhoeae bacterium. Most often, it infects the penis or vagina, but it can also infect the rectum, throat, or eyes.  | Gonorrhea can be cured with antibiotics. A clinician may give you an antibiotic shot along with other medicine to take in the clinic, or prescribe pills. If you are being treated, your partner must be treated too.   | <ul style="list-style-type: none"> <li>• Abstinence</li> <li>• Condoms</li> </ul>                                       |
| <b>Hepatitis B</b>                        | Hepatitis B is a liver infection caused by the hepatitis B virus. Some people with hepatitis B are sick for only a few weeks, but for others, the disease progresses to a serious, lifelong illness known as chronic hepatitis B.                                 | There is no medication available to treat acute hepatitis B. For people with mild symptoms, health care providers usually recommend rest, adequate nutrition, and fluids.   | <ul style="list-style-type: none"> <li>• <b>Hepatitis B vaccine</b></li> <li>• Abstinence</li> <li>• Condoms</li> </ul> |
| <b>Herpes</b>                             | Herpes is an infection caused by a virus, either herpes simplex virus type 1 (HSV-1) or herpes simplex virus type 2 (HSV-2.) Most genital herpes infections are caused by HSV-2 and most oral herpes infections are caused by HSV-1.                              | There is no cure for genital or oral herpes. Outbreaks reoccur in many patients, due to illness, stress, sunlight, and fatigue. However, daily use of antiviral medicines can shorten or prevent outbreaks. Antiviral medicines also can reduce the chance of spreading it to others. Treatment depends on the severity of disease, the type of HSV, and other medical factors.                 | <ul style="list-style-type: none"> <li>• Abstinence</li> <li>• Condoms may reduce the risk of herpes</li> </ul>         |
| <b>HIV (human immunodeficiency virus)</b> | HIV (Human Immunodeficiency Virus) is the virus that causes AIDS (acquired immune deficiency syndrome). HIV damages your immune system and affects your ability to fight off infections.  | HIV cannot be cured. There are some medicines that can slow down the progress of HIV for a long time, even to a point where it can be undetectable, but the virus is still in the body. HIV can be passed to sexual partners, even if the person who has it feels fine.   | <ul style="list-style-type: none"> <li>• <b>PrEP</b></li> <li>• Abstinence</li> <li>• Condoms</li> </ul>                |

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| <p><b>HPV (human papillomavirus)</b></p> | <p>HPV is the most common sexually transmitted Infection (STI). While some HPV infections go away on their own, HPV can cause genital warts and causes more than 90% of anal and cervical cancers. Because the HPV virus can cause infection in areas that are not seen, it is important to have routine testing.</p> | <p>There is no treatment for the HPV virus itself. However, there are treatments for the health problems that HPV can cause:</p> <ul style="list-style-type: none"> <li>- <b>Genital warts</b> can be treated by your health care provider or with a prescription medication. If left untreated, genital warts may go away, stay the same, or grow.</li> <li>- <b>Cervical cancer</b> is very treatable if caught early. Women between the ages of 24 to 65 need routine screening for cervical cancer regardless of when you first start having sex.</li> <li>- <b>Other HPV-related cancers</b> are also more treatable when diagnosed early.</li> </ul> | <ul style="list-style-type: none"> <li>• <b>HPV vaccine</b></li> <li>• Abstinence</li> <li>• Condoms</li> </ul> |
| <p><b>Mpox</b></p>                       | <p>Mpox is a virus that spreads primarily through sexual contact; however, infections have occurred through other exposures, including non-sexual contact with infectious lesions. Mpox causes rashes that may be located on hands, feet, chest, face, mouth, or near the genitals.</p>                               | <p>There is no treatment specifically for mpox. Because the viruses that cause mpox and <u>smallpox</u> are closely related, drugs and vaccines developed to treat and protect against smallpox may be effective for mpox. However, the type of treatment for a person with mpox will depend on how sick someone gets or whether they're likely to get severely ill. Most people with mpox recover fully within 2 to 4 weeks without the need for medical treatment.</p>   | <ul style="list-style-type: none"> <li>• <b>Mpox vaccine</b></li> </ul>   |
| <p><b>Syphilis</b></p>                   | <p>Syphilis is caused by a bacteria. The infection starts by causing painless sores or rashes on the skin. If untreated, the sores will resolve but the infection stays in your body and can cause long-term serious damage. It can cause birth defects if present in a pregnant person.</p>                          | <p>Syphilis can be cured with antibiotics. If you have syphilis, a health worker will give you a series of antibiotic shots. To keep from infecting your partners, you must avoid sex until you have finished the antibiotics and your partner has been tested and treated if necessary.</p>   | <ul style="list-style-type: none"> <li>• Abstinence</li> <li>• Condoms</li> </ul>                               |
| <p><b>Trichomoniasis</b></p>             | <p>Trichomoniasis is a sexually transmitted infection caused by a parasite. It infects the vagina or the urethra and can cause irregular discharge.</p>   | <p>Trichomoniasis can be cured with antibiotics. To keep from infecting your partners, you must avoid sex until you have finished the antibiotics and your partner has been tested and treated if necessary.</p>   | <ul style="list-style-type: none"> <li>• Abstinence</li> <li>• Condoms</li> </ul>                               |