

These STD Clinics Are Free!

ENGLEWOOD HOSPITAL AND MEDICAL CENTER
350 Engle Street
Englewood, NJ 07631
Mon., Tue., & Thurs. 1:30 - 2:30 p.m.
201-894-3254

PATERSON BOARD OF HEALTH
176 Broadway
Paterson, NJ 07505
Mon., Tue., Thur. & Fri. 11 a.m. - 12 p.m.
973-321-1277, ext. 2723

STD RESOURCES

CDC National STD Hotline: 800-227-8922
CDC National AIDS Hotline: 200-342-AIDS
Planned Parenthood: 800-230-PLAN

WEB SITES

Planned Parenthood
<http://www.ppra.org/ppfa>
Centers for Disease Control and Prevention
<http://www.cdc.gov/nchstp/dstd>
American Social Health Association
<http://sunsite.unc.edu/ASHA>

GET THE FACTS

“Sexually Transmitted Disease”...the words themselves create an uncomfortable and even frightening feeling in most people. This term refers to communicable diseases which are spread through sexual contact with infected persons. Some are incurable, some have serious health complications, and others are simply annoying.

Not everyone who is infected has visible symptoms. It's important to be aware of the symptoms of STDs, the risks you may be taking by having unprotected sexual contact, and the protective measures that can be used.

Abstaining from any sexual activity is the ONLY way to be 100% protected from STDs. Sexually active people should follow these important guidelines to help protect themselves and their partner.

- **Limit your number of sexual partners.** Having sexual contact with only one person will limit your chances of becoming infected. Be clear about your expectations of any relationship. Your partner should also limit his/her sexual contact to one person.
- **Don't be afraid to look before you engage in sexual activity.** If you see any suspicious sores, rashes, or discharge, discuss it with your partner. What you see may be contagious and you have the right to refuse sexual activity.
- **Using a latex condom is the best way to protect you and your partner from becoming infected with an STD.** Used correctly every time and properly removed, a condom provides an effective barrier against transmission of disease.
- **Urinating immediately after sexual activity,** especially for men, can flush away some germs.
- **Regular STD check-ups are important if you are sexually active.** Ask your health care provider for the specific tests for common STDs such as chlamydia and genital warts since these tests may not be a part of a routine examination.
- **If you do become infected, it is important to notify your sexual partner(s) so that they may also be tested and treated.** This helps avoid reinfecting one another.

Facts About Sexually Transmitted Diseases (STDs)



Chlamydia, Genital Herpes, Gonorrhea, Hepatitis A, Hepatitis B, HIV/AIDS, HPV, Scabies & Pubic Lice, Syphilis, Trichomonas



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DISEASE	TRANSMISSION	TYPES OF SEXUAL CONTACT THAT MAY PRESENT A RISK OF CONTRACTING THE DISEASE	COMMON SYMPTOMS	POSSIBLE COMPLICATIONS	TREATMENT
CHLAMYDIA (Bacteria)	Semen, pre-ejaculate (pre-cum), vaginal fluid.	Oral sex (mouth-penis, mouth-vagina) Vaginal sex (vagina-penis) Anal sex (anus-penis)	Often no noticeable symptoms. Potential for itching, discharge or burning during urination or ejaculation, pain in the lower abdomen or back, pain during intercourse, discharge from the vagina, bleeding between menstrual periods, nausea, or fever.	If left untreated, may lead to infection of the testicles or pelvic inflammatory disease (PID) in women, a serious medical condition that can lead to infertility. May cause infertility even without symptoms. Can be transmitted from mother to newborn during childbirth.	Curable with antibiotics.
GENITAL HERPES (Virus)	Skin-to-skin contact (usually genital), saliva may transmit virus from the mouth or lips. Transmission is possible even without an outbreak of sores.	Oral sex (mouth-penis, mouth-vagina, mouth-anus) Vaginal sex (vagina-penis) Anal sex (anus-penis)	Often no noticeable symptoms. May cause one or more sores, blisters, pimples, bumps, or a rash around mouth, genitals or anus, itching, burning, or tingling in either the genital area or the mouth, a fever, swollen glands or stiff neck and headache. May have repeated outbreaks that are generally less severe than the original.	May result in chronic painful condition particularly for people who have a weakened immune system. Can be transmitted from mother to newborn during childbirth.	No cure but medications can reduce the frequency and duration of outbreaks.
GONORRHEA (Bacteria)	Semen, pre-ejaculate (pre-cum), vaginal fluid.	Oral sex (mouth-penis, mouth-vagina) Vaginal sex (vagina-penis) Anal sex (anus-penis)	May have discharge or burning during urination or ejaculation, pain in the lower abdomen or back, pain during intercourse, discharge from the vagina, bleeding between menstrual periods, nausea, or fever. For women, there are often no noticeable symptoms.	If left untreated, may lead to infection of the testicles or pelvic inflammatory disease (PID) in women, a serious medical condition that can lead to infertility. Can be transmitted from mother to newborn during childbirth.	Curable with antibiotics.
HEPATITIS A (Virus)	Feces.	Oral sex (mouth-penis, mouth-vagina, mouth-anus)	Often no noticeable symptoms but may cause fever, tiredness, aches, loss of appetite, nausea, abdominal pain, dark urine, and jaundice (yellowing of the skin and eyeballs).	In rare cases, may lead to severe liver infection and death.	There are vaccines to prevent hepatitis A.
HEPATITIS B (Virus)	Blood, semen, pre-ejaculate (pre-cum), vaginal fluid.	Oral sex (mouth-penis, mouth-vagina) Vaginal sex (vagina-penis) Anal sex (anus-penis)	Often no noticeable symptoms but may cause mild flu-like symptoms including fever, tiredness, aches, loss of appetite, nausea, abdominal pain, dark urine, and jaundice (yellowing of the skin and eyeballs).	Can lead to chronic infection, cirrhosis (scarring of liver tissue) and cancer of the liver. Can be transmitted from mother to newborn during childbirth.	Nearly all infections resolve on their own but medications may be used to treat chronic illness. Alcohol and certain medicines should be avoided to prevent further liver damage. There are vaccines to prevent hepatitis B.
HIV/AIDS (Human Immuno-deficiency Virus)	Blood, semen, pre-ejaculate (pre-cum), vaginal fluid, breast milk.	Oral sex (mouth-penis, mouth-vagina) Vaginal sex (vagina-penis) Anal sex (anus-penis)	Often no symptoms for years but may cause fever, chills and sweats, fatigue, appetite loss, weight loss, muscle and joint pain, long-lasting sore throat, swollen lymph nodes, diarrhea, yeast infections, and skin sores.	Over time, can lead to acquired immunodeficiency syndrome (AIDS), which can leave a body vulnerable to other infections or cancers normally controlled by a healthy immune system. Can be transmitted from mother to newborn during childbirth.	No cure or vaccine for HIV or AIDS. There are medications that allow people to live with HIV or AIDS for longer periods of time.
HUMAN-PAPILLOMA VIRUS (HPV)	Skin-to-skin contact (usually genital). Transmission is possible even without visible warts.	Oral sex (mouth-penis, mouth-vagina, mouth-anus) Vaginal sex (vagina-penis) Anal sex (anus-penis)	Often no noticeable symptoms but may cause raised or flat growths around genitals or anus that are usually flesh colored or whitish in appearance.	Certain strains of HPV are considered risk factors for cervical cancer. In very rare cases, it can be transmitted from mother to newborn during childbirth.	No cure but warts can be removed using creams, surgery, cryosurgery (freezing), or laser treatment. There is now a vaccine to prevent certain types of HPV infection, including types that cause cervical cancer.
SCABIES & PUBIC LICE or CRABS (Parasite)	Skin-to-skin contact (usually prolonged sexual contact), although in rare cases, can spread by contact with clothes, towels, bedding, and other personal items that were recently in contact with an infected person.	Oral sex (mouth-penis, mouth-vagina) Vaginal sex (vagina-penis) Anal sex (anus-penis)	Intense itching usually in genital area, visible crab eggs (small, oval-shaped, beads) attached to the base of hair, may have dark or bluish spots on skin in the infested area as a result of bites.	Scratching area may lead to secondary bacterial infections.	Medicated shampoos and creams will kill mites/lice on the body. In addition, need to thoroughly clean all clothing, towels and bedding to prevent reinfection.
SYPHILIS (Bacteria)	Skin-to-skin contact (between syphilis sore and penis, vagina, anus or mouth).	Oral sex (mouth-penis, mouth-vagina) Vaginal sex (vagina-penis) Anal sex (anus-penis)	Painless sore on or around penis, vagina, mouth or anus; rash over the entire body or on the hands and soles of the feet, fever, swollen lymph glands, patchy hair loss, headaches, weight loss, muscle aches, and tiredness.	If left untreated, may damage heart, eyes, central nervous system and other organs. Can be transmitted from mother to fetus prior to birth.	Curable with antibiotics.
TRICHOMONAS (Parasite)	Semen, pre-ejaculate (pre-cum), vaginal fluid.	Vaginal Sex (vagina-penis, vagina-vagina)	Women may experience frothy, yellow-green vaginal discharge, discomfort during intercourse and urination, irritation and itching in the genital area and in rare cases, lower abdominal pain. Most men do not experience symptoms but may have irritation inside the penis, mild discharge, or slight burning during urination or ejaculation.	If left untreated, on rare occasions, leads to pelvic inflammatory disease (PID) in women, a serious medical condition that can lead to infertility.	Curable with antibiotics.