

Free STD Treatment Centers

Englewood Hospital and
Medical Center
350 Engle Street
Englewood, NJ 07631

Mon., Tue., & Thur.
1:30 - 2:30 p.m.
201-894-3254

Hackensack University
Medical Center
60 Second Street
Hackensack, NJ 07601

Wednesday
4:30 - 6:15 p.m.
201-996-2357

Paterson Board of Health
176 Broadway
Paterson, NJ 07505

Mon., Tue., Thur. & Fri.
11 a.m. - 12 p.m.
973-321-1277, ext. 2723

These STD Clinics Are Free!

Clients may receive treatment for STDs in any hospital emergency room at any hour. However, waiting time is often long and treatment less specific since a specialist in this area may not be available. In addition, the individual will be responsible for all costs of treatment.

STD Resources

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

Web Sites

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

Conducted under the auspices of
Bergen County Executive **Dennis McNerney**
and the Board of Chosen Freeholders

Get the Facts

“Sexually Transmitted Disease”....the words themselves create an uncomfortable and even frightened 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. So it’s important to be aware of the symptoms of STDs, the risks you may be taking by having unprotected sexual intercourse, and the protective measures that can be used.

Abstaining from any sexual activity is the **ONLY** way to be 100% protected from STDs. However, if you are sexually active, following are some important guidelines to help you protect yourself and your partner:

- ◆ **Limit your number of sexual partners.** Having sexual contact with one person **only** who is limiting his/her sexual contact to **only** you reduces your chances of becoming infected. Be clear about your expectations of the relationship.
- ◆ **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 7 Sexually Transmitted Diseases (STDs)



**Chlamydia, Gonorrhea,
Herpes Simplex II
HIV, Genital Warts, Syphilis
Trichomonas**



**Bergen County
Department of Health Services
327 E. Ridgewood Avenue
Paramus, New Jersey 07652
201-634-2600**

**Information Line 201-225-7000
www.bergenhealth.org
healthdept@co.bergen.nj.us**

STD	FIRST SYMPTOMS USUALLY APPEAR	WHAT TO LOOK FOR	HOW DO YOU GET IT?	HOW IS IT DIAGNOSED?	WHAT HAPPENS IF YOU DON'T GET TREATMENT?
Chlamydia (bacterial)	7 - 21 days after exposure	Women often will not have symptoms but may experience painful urination and a discolored vaginal discharge. Men may have an inflammation of the urethra.	Sexual contact. It may occur from mother to fetus during birth. Rarely, from the hand to the eye.	Cervical culture and exam	Women: sterility, ectopic pregnancy, pelvic inflammatory disease, and bladder infection Men: urethral infection, tender and swollen testicles, sterility, Reiter's Syndrome Infants: pneumonia, conjunctivitis, and blindness
Gonorrhea called dose, clap, drip (bacterial)	Women: 2 -30 days Men: 1 -14 days	General symptoms include frequent and painful urination, yellow discharge from the genitals, and even arthritic pain. Women may experience swelling or tenderness of the vulva, menstrual irregularities, lower abdominal pain, painful intercourse or pelvic exams. Men may have a pus-like discharge from the urethra.	Sexual contact	Women: cervical or anal culture Men: culture taken from the urethra or anus	Women: pelvic inflammatory disease, ectopic pregnancy, and sterility; during pregnancy, premature labor and stillbirth Men: urethral infection, erection problems Infants: blindness
Herpes Simplex II (HSV) (viral)	2 - 20 days, but it may be years before an outbreak occurs	Recurring rash or tender, itchy, and painful blisters in the genital area. Painful urination. Swollen glands in the groin, headache and general rundown feeling.	Direct contact with blisters or open sores. Sexual contact, even if sores are not present, and skin-to-skin contact. Transmission to infant during birth.	Culture taken when sores or blisters are present	Women: linked to cervical cancer; during pregnancy may cause miscarriage or stillbirth
Human Immunodeficiency Virus (HIV) (viral)	Symptoms may not appear for 10 years or more	Rapid, unexplained weight loss, diarrhea, loss of appetite, fatigue, night sweats, fevers, dry cough, headaches, loss of concentration, purple sores on skin and thrush. Women may experience severe and recurring vaginal yeast infections and chronic pelvic inflammatory disease.	Spread through blood, semen, vaginal fluids, and breast milk. Sexual contact, rarely through oral intercourse. Sharing of unclean intravenous drug needles. Accidental sticks with contaminated needles. Childbirth and breast-feeding. Rarely with transfusion of contaminated blood products.	Blood tests or oral cultures	Severe and dangerous infections that allow the disease to progress faster
Human Papilloma Virus (HPV, Genital Warts) (viral)	1 - 3 months	Small, round whitish warts that are soft to the touch and may be itchy. Warts can appear on the genitals, in the urethra, in the anus, and rarely, in the throat. May cauliflower if left untreated.	Sexual contact. Rarely, warts are spread to the fetus during birth. Rubbing against the genital area.	Physical examination and microscopic examination of tissue sample	Women: linked to cervical cancer; untreated warts can grow to block the openings of the vagina, anus, and in rare cases, the throat.
Syphilis called syph, pox, bad blood (spirochete)	10 - 90 days	There are four stages of symptoms: PRIMARY STAGE: A painless, pimple, blister or sore called a chancre will appear on the anus, vulva, penis, or lips. Glands may be swollen. This stage will last 1-5 weeks. SECONDARY STAGE: These symptoms often appear 3-6 weeks after the sores appear and may come and go for up to two years. They may include body rashes that appear on palms and the soles of the feet or all over the body. Rashes last 2-6 weeks and clear up on their own. Mild fatigue, sore throat, hair loss, unexplained weight loss, swollen lymph glands, muscle ache, and headaches. LATENT STAGE: No symptoms are apparent. Can overlap other stages. LATE STAGE: Serious damage to the heart, nervous system, brain, and other organs. Tumors on skin, bones, and liver, severe abdominal pain, repeated vomiting, damage to knee joints, deep sores on toes or soles of feet. Inability to feel pain, gradual blindness, dementia, and impotency. Death may result.	Sexual contact and kissing. It is especially contagious when open sores or blisters are present. It can pass from a pregnant woman to her fetus.	Microscopic examination of fluid from sores, blood test	In both men and women, brain damage, blindness, heart disease, paralysis, and possibly death Newborns: damage to skin, bones, eyes, teeth, and liver
Trichomonas Vaginalis called trich (protozoan)	3 - 28 days	Women may have frequent urination often with pain and burning, frothy and unpleasant smelling discharge from the vagina and swelling in the groin. Men rarely have symptoms, but there may be a clear discharge from the penis and itching after urination.	Vaginal intercourse	Pap smear, microscopic examination of fluids, urine test	Women: prolonged severe symptoms Men: prostate damage