

TAKE CONTROL OF YOUR SEXUAL HEALTH: EASY STEPS TO STI TESTING



What are STIs

Sexually Transmitted Infections (STIs) are infections that can be passed during vaginal, anal, or oral sex. They're very common and often don't show symptoms-so many people may not realize they have one.



Regular Testing

Knowing your status helps protect you and your partners. Free or low-cost testing is available at your doctor's office, clinics, campus wellness centers, or through at-home Kits. Testing is always private and confidential.



Prevention Tips

Internal and external condoms, as well as dental dams, can help prevent both pregnancy and STIs when used correctly. The good news: most college campuses offer free condoms at their wellness centers, or you can buy affordable options at local pharmacies.



Vaccination

Vaccines can help prevent certain STIs. Ask your healthcare provider about available vaccines for HPV and hepatitis A & B.



Open Communication

Talking openly with your partner about STI testing and protection helps you both stay healthy and lowers the risk of spreading infections. Honest, respectful communication is the Key to safer sex.