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!

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

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

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

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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".

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