

STI PREVENTION TIPS

Sexually transmitted infections (STIs) can affect people of all genders, age, sexual orientation, race, and background. Do you know *your* STI status?

Below are just a few tips to follow that can help reduce your risk of exposure to STIs.

USE CONDOMS

There are various types of condoms ranging in different sizes, colors, textures, and even for different genders. Using condoms and dental dams (oral condoms) while engaging in any type of sexual activity can lower your risk of contracting any STIs.

**Alternative contraceptives like birth control do not protect against STIs.*



AVOID SUBSTANCE USE

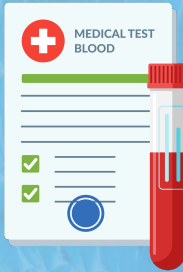
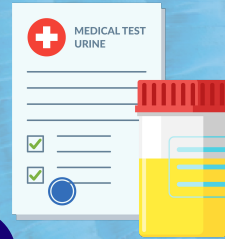
When under the influence of drugs and/ or alcohol our judgment can become clouded and can lead us to make unsafe decisions or choices, like engaging in unprotected sex.

**People under the influence of drugs, alcohol, and/or any other substance cannot give consent to engage in sexual activity.*



GET TESTED

Routine check-ups and testing can help you confirm if you do or do not have an STI. Ask your healthcare provider about getting tested for STIs, which may require a blood and/or urine test. Once an STI is detected treatment can be prescribed by your medical provider.



Don't guess, get a test!

LIMIT YOUR AMOUNT OF SEXUAL PARTNERS

By limiting the amount of sexual partners you have, you lower your risk of exposure to STIs. Have a conversation with your sexual partner(s) and healthcare provider about STI status to protect yourself and your partner(s).



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