Sexually Transmitted Infections and Diseases

What are STIs and STDs?

Sexually transmitted infections and diseases (STIs/STDs) are very common and are passed from person to person during sexual contact.

Why do you use both STI and STD?

Medically, an infection is only termed a disease when it causes symptoms. Many times, sexually transmitted infections do not cause any symptoms. Nonetheless, many people use Sexually Transmitted Infection and Sexually Transmitted Disease interchangeably.

How common are STIs/STDs?

More than half of us will have an STI/STD at some time in our lives.

How can I prevent getting an STI/STD?

STIs/STDs are transmitted through vaginal, oral, and/or anal contact. Some STIs/STDs are transmitted through fluids such as vaginal secretions and semen, while others are transmitted with skin-to-skin contact.

The only way to completely prevent the transmission of STIs/STDs is abstinence [1]. In order to reduce the risk of transmission, it is recommended to use a barrier method of contraception such as external condoms [2], internal condoms [3], or dental dams [4].

We also prescribe PrEP (pre-exposure prophylaxis) for those at risk of getting HIV. PrEP
requires taking a pill every day and greatly reduces the PrEP-user’s risk of contracting HIV. Learn more about PrEP at the CDC. [5]

If you’ve done anything that puts you at risk for an STI or STD, getting tested allows you to get the treatment you need.

**Getting tested at Campus Health**

You can make an appointment [6] in Primary Care or Gynecology to get tested at Campus Health. To learn more about test options and prices, see Testing for STIs/STDs at Campus Health [7].

**Where can I learn more about STIs/STDs?**

Learn more at the CDC.gov [8], Planned Parenthood’s Safer Sex [9] website, or Avert.org [10].

Condoms and Safer Sex Supplies at UNC [11]
CDC STD info [8]
Planned Parenthood Safer Sex [9]
Avert.org STD Info [10]
HIV Basics [12]
Sexual Wellness Services [13]
Start Talking [14]
Herpes Guidebook [15]

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**Links**