



Good sexual health is **key** to good health.

What are STIs?

Sexually Transmitted Infections (STIs)

are infections that are spread from person to person through sexual activity. There are three types of STIs:



Bacterial STIs - Includes gonorrhea, chlamydia, and syphilis. Can be cured with antibiotics.



Viral STIs - Includes HIV, herpes, HPV, and Hepatitis. Viral STIs can be managed with medication, and Hepatitis C can be cured.



Parasitic STIs - Includes public lice (crabs) and trichomoniasis. Can be cured with medication.

Many people with STIs may not have symptoms.

About Us

Be You Colorado is an HIV prevention and sexual health education program. We educate and connect youth/young adults (ages 13-24) and adults to HIV/STI testing and treatment, PrEP/PEP, or other sexual health needs. We work in the Denver Metro Area and many rural counties across Colorado. Our services are inclusive, sex-positive, and center on harm reduction.

We Can Offer



STI Testing & Referrals



PrEP & PEP



STI prevention materials

Our team is here to help you get the sexual health support you deserve.

Call/Text: 720-708-7101
www.beyoucolorado.org

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STIs

Protecting yourself and your partners

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Viral STIs



HPV

Human Papillomavirus

How it's spread - Skin-to-skin contact during sex (vaginal, anal & oral)

Symptoms - Warts on the genitals, mouth, anus. Most don't have symptoms.

Treatment - Vaccination or wart removal.

Herpes

Oral and genital infections.

How it's spread - Skin-to-skin contact during sex (vaginal, anal, oral) or kissing.

Symptoms - Ulcer (cold sore) outbreaks on mouth, genitals, or anus.

Treatment - Medication to end outbreaks.

HIV

Human Immunodeficiency Virus

How it's spread - Condomless sex (vaginal, anal, & oral), parent to child during birth, sharing syringes and works.

Symptoms - Fever, rash, night sweats, & fatigue. Some don't have symptoms.

Treatment - Medication to manage HIV.

Hepatitis

Three types - A, B, and C

How it's spread - food/water (Hep A), condomless sex (Hep B), blood (Hep C)

Symptoms - Stomach pain, fatigue, yellowing of eyes/skin, dark urine, fever.

Treatment - Vaccination for Hep A/B, medication to cure Hep C.

Bacterial STIs



Chlamydia

The most common STI.

How it's spread - Condomless anal, vaginal, & oral sex.

Symptoms - Burning when urinating or discharge from penis/vagina.

Gonorrhea

The second most common STI.

How it's spread - Condomless anal, vaginal, & oral sex.

Symptoms - Burning when urinating or discharge from penis/vagina.

Syphilis

Goes through four stages.

How it's spread - Condomless sex (anal, vaginal, & oral), skin-to-skin contact with a sore (chancre), and from parent to child during pregnancy or birth.

Symptoms - Depending on stage can include: a painless sore (chancre), rash on palms/soles of feet, fever, hair loss, & brain, nerve, or eye problems.

Treatment



Viral

Medication to manage symptoms



Bacterial

Antibiotics to cure infection



Parasitic

Medication to kill parasite

Parasitic STIs



Pubic Lice

Crabs

How it's spread - Close body contact or sharing underwear, towels, bedding.

Symptoms - Itching & visible lice.

Trichomoniasis

Also known as Trich

How it's spread - Condomless anal, vaginal, & oral sex.

Symptoms - Strong odor & discharge.

How do I prevent STIs?



Using latex and non-latex condoms and dental dams during sex.



Testing for STIs before sex with a new partner and between partners.



Talking to your partners about sexual health and regular testing.



Taking medication after an exposure to prevent an infection (also called PEP or DoxyPEP).