

? How would you know if you had an STD?

- ◇ Many STDs don't have symptoms. Testing is the only sure way to know.
- ◇ If you have symptoms, you might notice:
 - Itching or burning around your genitals.
 - Frequent need to urinate.
 - Sores, bumps or blisters.
 - Unusual looking discharge with or without odor.
 - Pain during sex.
 - Bleeding after sex or unusual bleeding between periods.

? What is SAFE SEX?

- ◇ Restrict your sexual activity to one faithful, long-term partner.
- ◇ Use barrier protection, condoms (male, female).
- ◇ Use your head—plan ahead!
- ◇ Don't lose control with alcohol or drugs.

? Where can I get tested for an STD?

- ◇ Contact a nurse at your local health department if you think you might have an STD.

If you have any questions or concerns, please contact your local Panhandle Health District Office.

Kootenai County

8500 N. Atlas Road
Hayden, ID 83835
208 415-5270

Bonner County

1020 Michigan
Sandpoint ID 83864
208 263-5159

Boundary County

7402 Caribou
Bonners Ferry ID 83805
208 267-5558

Benewah County

137 N 8th St
St. Maries ID 83861
208 245-4556

Shoshone County

114 W Riverside
Kellogg ID 83837
208 786-7474



Panhandle Health District
Healthy People in Healthy Communities
www.phd1.idaho.gov

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Frequently Asked Questions

STD FAQs



A guide to the most commonly asked questions about sexually transmitted diseases.

STD FAQs

? Which STDs are curable and which are not?

- ◇ Curable:
 - Gonorrhea
 - Chlamydia
 - Syphilis
 - Trichomoniasis
 - Scabies
 - Crabs
- ◇ Non-curable:
 - Herpes
 - HIV
 - Genital Warts
 - Hepatitis B

? What's the best way to tell your partner you have an STD, or to ask if he/she has one?

- ◇ Start by expressing care for your partner and a desire to **be honest** about your sexual histories.
- ◇ Give your partner time to ask questions and share.
- ◇ Talk at a calm, private time.
- ◇ You may need to talk more than once.
- ◇ Don't accuse your partner. Just share that you tested positive and they should get tested.

? Can you get an STD just by touching or do you have to have an exchange of body fluids?

- ◇ Some STDs are passed through **skin-to-skin contact** with infected areas.
- ◇ Herpes, genital warts (HPV), syphilis, scabies and crabs can all be passed this way.
- ◇ Herpes and syphilis can be passed during kissing.

? Can I Get an STD from anal sex?

- ◇ YES! All STDs can be passed through anal sex.
- ◇ Anal membranes are delicate. Use a condom or latex barrier and water-based lubricant and be gentle.

? Can you get more than one STD at a time?

- ◇ Yes! In fact, having an STD can put you at higher risk for getting other STDs. STDs increase susceptibility to other STD infections through open sores, irritated membranes and/or an increase in concentration of cells in genital secretions.

? How effective are condoms against STDs?

- ◇ When used correctly every time you have sex, latex condoms reduce your risk for some STDs.
- ◇ People allergic to latex can use non-latex condoms.
- ◇ Any contact with areas outside the condom or latex barrier can be risky.