

STI Prevention

FACT:

20 million

new cases of STIs (also called sexually transmitted diseases or STDs) are reported each year in the United States. Approximately 10 million of these infections are in people between ages 15 and 24.



The good news is STIs are preventable. Many STIs can be cured and all can be treated.

Here are some steps to keep yourself and your partner healthy.

Practice Abstinence.

No sex at all is the only sure STI prevention. You can still have safe and sexy self-love!



Have Fewer Partners.

The more partners you have, the more likely you are to get an STI and pass it on to another partner. Stay safe by only having sex with one partner who only has sex with you.

Talk with Your Partner.

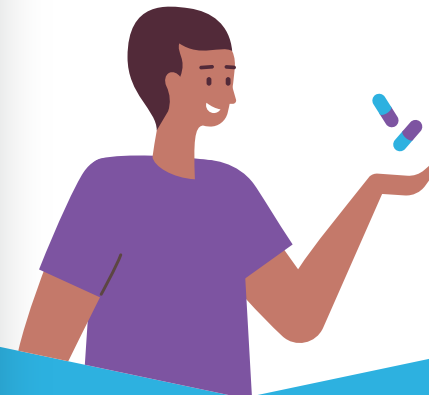
If you're thinking about having sex, talking with your partner beforehand plays a huge role in having an honest and healthy relationship. Find out if you're on the same page. Discuss birth control options, STI prevention and get tested together.

I think that...

I feel like...

PrEP for HIV.

If your partner is HIV-positive or you have multiple sex partners, taking PrEP greatly reduces your chances of contracting the virus.



Use Condoms.

Condoms are the only type of birth control that offer STI protection when used correctly. Use them every time you have vaginal, oral or anal sex.



Get Tested.

Take charge of your sexual health and get tested for STIs. Get tested together with your partner. Find an NJFPL-supported health center near you to get tested.

