

## What are the symptoms of STIs?

Most people don't have any symptoms of an STI and feel totally healthy, so they often don't know they are infected. That's why STI testing is important.

If you have symptoms of an STI, you may experience:

- Burning when you pee
- Discharge from the vagina, penis, or rectum
- Bleeding between periods
- Pain in your abdomen and/or genitals
- Anal itching and/or bleeding
- Pain while pooping
- Sores on your mouth, lips, or genitals, and/or
- Weakness, tiredness, or getting sick more often

## How can I know if I have an STI?

The only way to know if you have an STI is by **getting tested**.

## Can STIs be cured?

Some STIs are completely curable. Others are treatable. If you have an STI, talk with your health provider about what options are available to you and your baby.

If you are treated for an STI that is curable (like chlamydia), make sure that your sexual partners get treated too. Otherwise, you may pass the infection back and forth, or to other people.



## Should I get tested for STIs?

**Yes** – you should get tested. Getting tested for STIs is important during pregnancy - it's the first step to feeling better if you're having symptoms and protecting your baby. And many STIs don't have symptoms, so getting tested regularly will give you peace of mind that you and your baby are safe.

Testing is easy and treatment is quick! For peace of mind, talk with your provider or local Tribal health facility for more information about STI testing and treatment resources near you.



## SEXUALLY TRANSMITTED INFECTIONS AND PREGNANCY

*If you are pregnant, you can become infected with the same STIs as people who are not pregnant.*



### Sources:

Centers for Disease Control and Prevention. (2022, April 12). STI Facts - STIs & pregnancy. Centers for Disease Control and Prevention. Retrieved January 9, 2023, from <https://www.cdc.gov/STI/pregnancy/STIfact-pregnancy.htm>

## I'm pregnant. Can I get an STI?

**Yes**, pregnant people can get STIs. Most people with an STI don't have any symptoms and feel healthy. However, even if you feel fine, STIs can be serious for both you and your baby. That's why STI testing is important.

## How can STIs affect me and my baby?

STIs can complicate your pregnancy and create serious health problems for you and your baby, including miscarriage, stillbirth, and infant death.

Most of these problems can be prevented if you receive regular medical care during your pregnancy. This includes STI testing starting early in your pregnancy and repeated close to delivery.

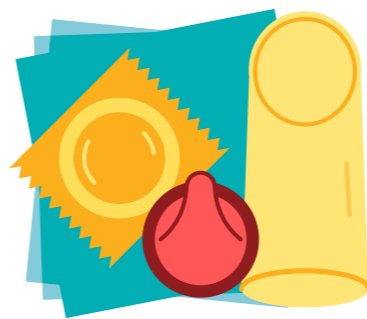


## Am I at risk for an STI?

Anyone who is sexually active can get an STI through vaginal, anal, and/or oral sex.

## How can I prevent getting an STI?

Some STIs are spread through semen (cum), pre-cum, vaginal fluids, and blood. Others spread through skin-to-skin contact. So, practicing safer sex is important – whether you are having oral, anal, or vaginal sex. You can also protect yourself by learning about the most common STIs and taking steps to protect yourself.



## Getting tested

Testing for STIs often involves a quick blood test or swab of your mouth, vagina, and anus (if you have anal sex). It might also involve peeing in a cup.

STI testing is usually quick and easy. Plus, the sooner you know you have an STI, the quicker you can get treated.

To get tested contact your local Tribal clinic, IHS facility, or visit a local clinic.



## Contact Us

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