# Sexually transmitted diseases

Sexually transmitted diseases (STDs) are, as their name would suggest, transmitted during sexual intercourse (vaginal, oral or anal). These diseases affect women more often than men. Men, however, are more often asymptomatic virus carriers of such diseases.

### Most common STDs

- HPV\*
- Chlamydia
- Gonorrhea
- **Syphilis**
- HIV\*\*
- Hepatitis B and C

#### \*HPV = Human Papilloma Virus

\*\*HIV is a virus causing AIDS (Acquired Immune Deficiency Syndrome), which is a disease. AIDS is a late stage of HIV infection; however, if someone is HIV positive, it doesn't have to mean he/she has AIDS yet.

### How are STDs transmitted?

### Sexual intercourse

(vaginal, oral and anal)

Saliva

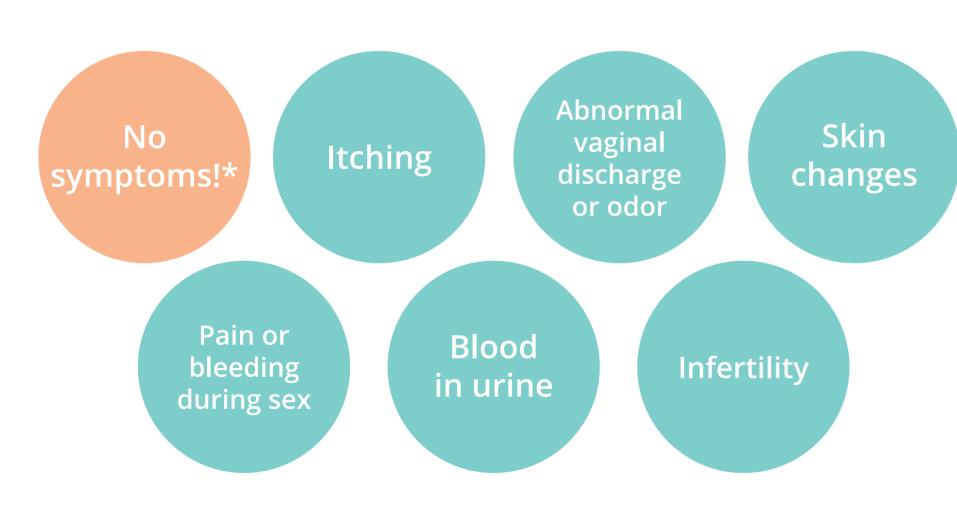
Blood (infected needle)

Sperm and vaginal discharge

### Mother-to-child transmission

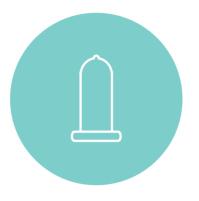
(during pregnancy, giving birth or in breast milk)

## How do STDs manifest themselves?



\*Don't forget to get tested regularly!

### How to prevent STDs?







Get vaccinated against HPV infection



Get regularly tested with your partner



Maintain appropriate intimate hygiene (use intimate soap, wear breathable underwear)

# Where to get tested when...

... you had an unprotected sex

Get tested, but wait for at least 3 months (that's how long it takes HIV to be detectable in your

body).

...you have a long term relationship and you want to have sex without a condom

Ask your gynecologist or dermatovenerologist to test you for STDs.

...you experience any of the symptoms above

Don't be shy or ashamed, don't look for advice on the internet and go to your dermatovenerologist or your GP.

**IMPORTANT:** 

If you are diagnose with any of the ST inform all your past and present sexual partners they need to get tested and treated as well!

The map of STD test centers can be found here:



#### How much does it cost?

If you had unprotected sex or if you experience any of the symptoms, the test is **free**. If you want to get tested "just in case", it costs about 500 CZK.

### Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

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