

STAY HEALTHY, STAY SAFE: STI PREVENTION

FACT:

1+ MILLION

Every day, people worldwide contract sexually transmitted infections (STIs), and most of the cases are asymptomatic. Shockingly, there are approximately 374 million newly diagnosed infections every year, with chlamydia, gonorrhea, syphilis, and trichomoniasis being among the four most common STIs.

Below are some methods to keep yourself and your partner [healthy](#).

PRACTICING ABSTINENCE.

The most effective method of not getting a STI is having no sexual relations at all. This means no oral sex, vaginal, or anal sex. This also means avoiding any infected bodily fluids, needle sharing, or even skin-to-skin if the STI is on a visible affected area.

Being in a committed, monogamous relationship can lower your risk. The more partners you are involved with, the more likely you are to get an STI and pass it to more partners.

MUTUAL MONOGAMY.

USE CONDOMS.

GET TESTED.

Regular testing helps you know your STI status. Visit a [local testing center](#), a healthcare provider, or use at-home testing kits. Testing is fast, confidential, and crucial for your health.

Using condoms will be the best type of birth control that offers STI protection when used correctly. Use this every time you have any form of sexual intercourse!

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