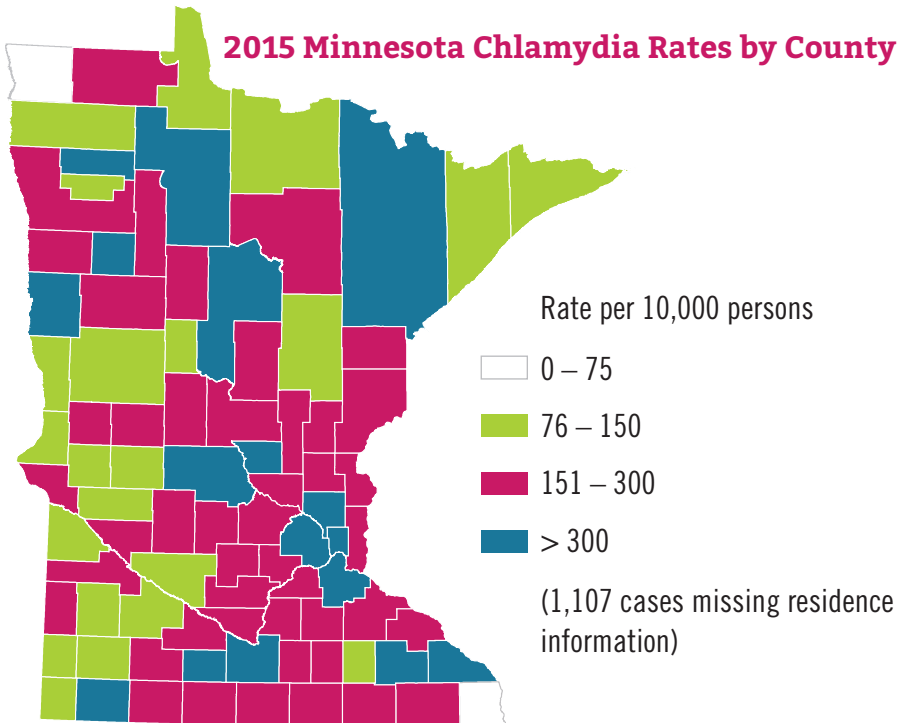


A Closer Look at Chlamydia

Chlamydia affects people in all parts of Minnesota. Over half of chlamydia infections occur in rural and suburban counties.



Minnesota Department of Health STD Surveillance System, 2015

HPV: Get Vaccinated

Getting vaccinated for HPV can **protect against cancer** in both **women and men**.

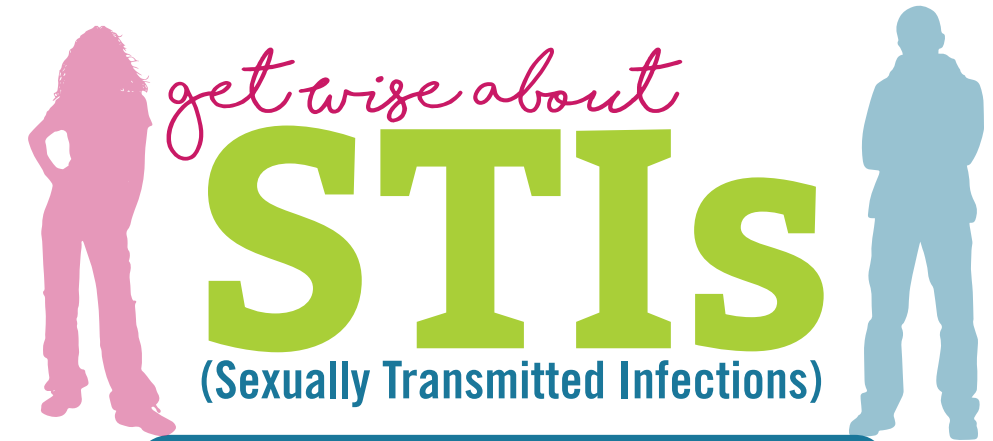
HPV causes about **30,000 cases of cancer each year** in the U.S. The HPV vaccine can protect against:

- * Cervical, vaginal, and vulvar cancer in women (HPV causes 12,000 cases of cervical cancer in the U.S. each year)
- * Penile cancer in men
- * Anal cancer and cancers of the throat, tongue, and tonsils in women and men

Sign up for a series. HPV vaccines are given as a series of 2 or 3 shots. The shots are given to both **girls and boys** at **age 11 or 12**. For those who didn't get the vaccine earlier, females can get it through age 26 and males can get it through age 21.

Talk to a health care provider about getting vaccinated.

Sources: Centers for Disease Control and Protection (CDC), Minnesota Department of Health (MDH), Office of Disease Prevention and Health Promotion (ODPDP), WebMD



Get informed. Get screened. Get vaccinated.

This is a booklet about sexually transmitted infections (STIs). It focuses on **chlamydia** and **HPV** (human papillomavirus).

Learning about these things isn't fun and it can be uncomfortable. But it's important to be informed about STIs and what you can do to prevent and treat them. This can stop an even less fun and more uncomfortable situation in the future.

STIs are common, serious, and they affect a lot of young people. So, take a deep breath and get started getting wise about STIs.

Sexually Transmitted Infections (STIs)

Sexually transmitted infections are infections that are transmitted through sex. That's probably all there is to know, right? Not quite.

- * **Anyone** who is **sexually active** can get an STI.
- * STIs can be spread by **vaginal, anal**, and, sometimes, **oral sex**.
- * People can have an STI and **not know** it.
- * Among other things, STIs can cause **infertility and cancer**.
- * Around **20 million new cases** of STIs are diagnosed and reported each year.
- * Almost **half** of new STIs occur in people **ages 15 – 24**.

Don't be shy about getting screened for STIs. With at least 20 million new cases a year, health care providers have talked about it, seen it, and screened for it before.

People **can**
have an STI
and **not**
know it.

Safer Sex (Also Known as “The Talk”)

STIs are preventable.

The most surefire way *not* to get an STI is to *not* have sex. But people who are sexually active can still reduce their chance of getting an STI by having **safer sex**.

- * **Use condoms.** Using condoms reduces the risk of STIs, but they are not 100 percent effective. Note: Birth control methods like “the pill” don't prevent STIs.
- * **Limit sexual partners.** More partners equals greater risk.
- * **Learn about your partner's sexual history.** Ask questions *before* having sex.
- * **Get regular screenings for STIs and get vaccinated against HPV.** More on this later.

Practice safer sex every time.

Chlamydia: Get Screened

More than **21,000 cases of chlamydia** were reported to the Minnesota Department of Health in 2015. About **1/3 of cases were diagnosed in Greater Minnesota**.

21,000
cases of
chlamydia were
reported in
Minnesota in
2015

Screening is important. Most people who have chlamydia don't know it because they don't have symptoms. *This* means they don't seek treatment, and *that* means they can spread it to others.

Often all it takes to diagnose chlamydia is a simple urine test. It can also be found through a quick swab test. For women, this can be done during a routine Pap test.

Treatment is easy and painless. Antibiotics do the trick. *Untreated* chlamydia can lead to infertility, and, for women, problems with reproductive health and long-term pain.

Get screened. Symptoms may never show up, so don't wait for them. You can get chlamydia even if you've been treated for it before.