

SEXUALLY TRANSMITTED DISEASES ARE ON THE RISE

Get the Facts, Take Control of Your Health

April 5, 2019– Did you know that you could have a Sexually Transmitted Disease (STD) and not have any symptoms? April is STD month, and District Health Department #10 (DHD#10) wants you to take control of your sexual health.

Sexually transmitted infections (STI) and sexually transmitted diseases (STD) mean the same thing, and that is a disease that is spread through sexual activity (this includes all types of sex – vaginal, anal, and oral). Anyone who is sexually active is at risk for getting and spreading an STD.

There are 20 million new STD cases in the U.S. every year. Additionally, STDs impact young people the hardest. In the U.S., *half* of all new STDs are among people under 25 years old. However, it's not all bad news. There are many ways to prevent STDs, and fortunately, most infections are curable, and all are treatable.

People with multiple sexual partners, those who think they may have been exposed to an STD, those who've had unprotected sex with a partner whose health status was unknown, or anyone who has symptoms of an STD should get tested. If you think you have an STD, first off, don't panic. You should make an appointment to get tested right away and hold off on all sexual activity until you get tested.

Services at DHD#10 are confidential, LGBTQ friendly, and no one will ever be denied service due to the inability to pay. Call 888-217-3904, option #2 to make an appointment at your local DHD#10 office. Walk-ins welcome. Upon result of your test, a nurse can discuss safe sex, treatment options, birth control, how to talk to your partner, and more.

For more reliable sexual health information, please visit www.beforeplay.org. Visit this website to learn more about sexually transmitted diseases. Check out the "Health Center Locator" to find the nearest DHD#10 location near you.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.



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