



Preventing Sexually-Transmitted Infections (STI): Safer Sex Practices

Source: Centers for Disease Control and Prevention (<https://www.cdc.gov/sti/prevention/index.html>)

Key Facts About STI

- ✓ **STIs spread** from one person to another through oral, anal, and vaginal sex, as well as genital skin-to-skin contact.
- ✓ **Some behaviors increase your risk of getting STIs:**
 - Having sex (anal, vaginal, or oral) without a condom
 - Having multiple sex partners
 - Having anonymous sex partners
 - Having sex while under the influence of drugs or alcohol (this can lower inhibitions and result in greater sexual risk-taking)
- ✓ **Getting tested for STIs** is important to prevent its spread.

Steps to Reduce your Risk for STIs

- **Abstaining** from vaginal, anal, or oral sex is the only 100% guaranteed way to avoid STIs.
- **Get vaccinated:** vaccines against hepatitis B and HPV are recommended for sexually active people.
- **Reduce** the number of **sexual partners**.
- **Get tested for STIs regularly** – you and your partner(s); make sure results are shared, so everybody is informed.
- **Mutually monogamous relationships** with someone who has been tested and does not have an STI helps keeping you safe.
- **Condoms used the correct way** every time you have sex is an essential practice for safer sex.

Keep in mind: Getting tested and receiving the appropriate treatment is a critical step in STI prevention!