

Testing Isn't Spooky

STIS 101





WHAT IS A STI, STD, AND HIV?


STD stands for “sexually transmitted disease,” and STI stands for “sexually transmitted infection.” They both are referring to **infections passed from one person to another via bodily fluids like vaginal fluid, semen, and blood.** You can get STIs from **any type of sex** including **anal, oral, or vaginal,** as well as **sharing needles.**

HIVs are a type of STI. If untreated, HIV can progress to AIDS.



Not all diseases begin with infections, but many do. Sexually transmitted disease first begin as sexually transmitted infections. Infection occurs with the sexually transmitted bacteria or virus first enters the body and begins multiplying.



I WANT TO GET TESTED BUT I DON'T WANT MY PARENTS TO KNOW




There's several ways to get tested for free! Not only do most insurances cover full STI panels, you can also get **free** kits from your state's health department. **If you're worried about your STI test showing up on insurance, state health department tests won't show up on insurance.**





I'M NOT HAVING SEX WITH MULTIPLE PARTNERS, WHY SHOULD I GET TESTED?



You should get tested even if you're not having sex with multiple partners. Asking your partner to test regularly isn't weird or even uncommon! If you do have multiple partners, **it's recommended to get tested every 3-6 months.** Testing is a commitment to being safe.

