



URGENT and PRIVATE

IMPORTANT INFORMATION ABOUT YOUR HEALTH

FACT SHEET ABOUT REPEATEDLY ACQUIRING SEXUALLY TRANSMITTED DISEASES (STD)

You have been diagnosed and treated for an STD more than once. Repeat STDs (getting the same infection more than once) often occurs by having sex with the same sex partner who has not been treated. Repeat STDs or getting different STDs can place you at greater risk for:

- Acquiring HIV from an infected sexual partner
- Developing complications from STDs, for example:
 - If you are a woman, depending upon the STD, inability to have children, chronic pelvic pain, cervical cancer, miscarriage if you are pregnant, medical complications with a newborn, psychological problems from incurable STDs, etc.
 - If you are a man, depending upon the STD, inability to have children, cancer of the penis, psychological problems resulting from incurable STDs, etc.
- Unknowingly spreading the STD to other members of your community

You can reduce your risk of acquiring another STD by:

- ✓ Making sure your sex partner gets treated for the STD you have;
- ✓ Being abstinent, that is, not having sex;
- ✓ Practicing monogamy, that is, having sex with only one partner who does not have an STD;
- ✓ Using condoms correctly every time you have sex;
- ✓ If you have multiple partners, reducing the number of partners you have;
- ✓ Expressing affection other than through intercourse, for example, touching, kissing, masturbation, etc.; and
- ✓ Being tested on a regular basis for HIV and STDs.