

HIV (HUMAN IMMUNODEFICIENCY VIRUS)

TRANSMISSION:

- HIV CAN BE TRANSMITTED THROUGH CONTACT WITH INFECTED BREAST/CHEST MILK, BLOOD, SEMEN, VAGINAL FLUIDS, RECTAL FLUIDS, OR PRE-SEMINAL FLUIDS (PRE-CUM).
- THESE FLUIDS MUST COME IN CONTACT WITH MUCOUS MEMBRANES, DAMAGED TISSUE, OR BE INJECTED INTO THE BLOODSTREAM (FROM A NEEDLE OR SYRINGE) FOR TRANSMISSION TO OCCUR. MUCOUS MEMBRANES ARE FOUND INSIDE THE RECTUM, VAGINA, PENIS, AND MOUTH.
- CONTACT WITH DRIED BLOOD, DRIED SEMEN, OR OTHER FLUIDS POSES LITTLE TO NO RISK. YOU CANNOT GET HIV THROUGH CASUAL CONTACT.

SYMPTOMS:

- NOT ALL PEOPLE EXPERIENCE SYMPTOMS OF HIV, BUT IF SYMPTOMS DO OCCUR THEY TEND TO START 2-4 WEEKS AFTER EXPOSURE.
- FEVER, CHILLS, NIGHT SWEATS
- FATIGUE
- SWOLLEN LYMPH NODES
- MOUTH ULCERS
- MUSCLE ACHES

THESE SYMPTOMS ARE COMMON TO MANY CONDITIONS AND SHOULD NOT BE USED TO DIAGNOSE HIV. TESTING IS THE ONLY WAY TO DETERMINE YOUR STATUS.

WINDOW PERIOD:

- 3 MONTHS FROM POSSIBLE EXPOSURE, THOUGH SOME TYPES OF HIV TESTS ARE CONCLUSIVE SOONER

TESTING & TREATMENT:

- TESTED THROUGH BLOOD (MOST COMMON) OR SALIVA
- HIV CANNOT BE CURED, BUT IT CAN BE MANAGED WITH MEDICATIONS:
 - MANY TREATMENTS ARE NOW A ONCE-A-DAY PILL WITH FEW SIDE EFFECTS. LONG-ACTING INJECTABLE TREATMENT IS ALSO BECOMING MORE WIDELY AVAILABLE, MAKING TREATMENT EVEN EASIER.
 - A MEDICAL PROVIDER WILL HELP DETERMINE WHAT OPTION WILL BE BEST FOR YOU. WITH PROPER CARE, YOU CAN BECOME VIRALLY SUPPRESSED AND EVENTUALLY UNDETECTABLE.
 - HIV CANNOT BE SEXUALLY TRANSMITTED TO PARTNERS WHEN THE CARRIER IS UNDETECTABLE (UNDETECTABLE=UNTRANSMITTABLE)

UNTREATED:

- HIV LEFT UNTREATED CAN DEVELOP INTO AIDS
- AIDS LEFT UNTREATED CAN LEAVE YOU SUSCEPTIBLE TO:
 - ILLNESSES
 - INFECTIONS
 - CERTAIN CANCERS
- ULTIMATELY, UNTREATED AIDS CAN LEAD TO DEATH

HERPES SIMPLEX VIRUS

TRANSMISSION:

- PASSED FROM SKIN TO SKIN CONTACT

SYMPTOMS:

- ORAL SORES/LESIONS
- GENITAL SORES/LESIONS
- PAIN OR ITCHING
- NO SYMPTOMS IS COMMON

WINDOW PERIOD:

- 3 MONTHS FROM POSSIBLE EXPOSURE

TESTING & TREATMENT:

- TESTED THROUGH BLOOD OR SWAB OF SORE/LESION
- THERE'S NO CURE FOR HERPES.
- A MEDICAL PROVIDER CAN PRESCRIBE ANTIVIRAL MEDICATION THAT MAKES OUTBREAKS SHORTER AND LESS PAINFUL AND CAN HELP PREVENT OUTBREAKS IN THE FUTURE..

UNTREATED:

- HERPES LEFT UNTREATED DOES NOT HAVE MUCH OF AN EFFECT ON MOST FOLKS. USUALLY ONLY CAUSES UNPREDICTABLE OUTBREAKS, SOME PEOPLE GET FEWER OUTBREAKS AFTER TIME.
- MANY PEOPLE WHO HAVE HERPES DO NOT KNOW THEY HAVE IT DUE TO THE EASE OF TRANSMISSION THROUGH SKIN-TO-SKIN CONTACT.

GLOBALLY, ABOUT 67% OF PEOPLE BELOW THE AGE OF 50 YEARS HAVE HSV-1. MORE THAN ONE OUT OF EVERY SIX PEOPLE AGED 14 TO 49 YEARS HAVE GENITAL HERPES.

- <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/hiv-treatment-basics>
- <https://www.cdc.gov/std/>
- <https://www.ashasexualhealth.org>

STI FAST FACTS



**Queer-Focused Sexual
Health Center**

**HeyDenver.org
303-962-2880**

WINDOW PERIODS FOR WHEN TO GET TESTED AFTER AN ENCOUNTER



Syphilis

TRANSMISSION:

- SPREAD THROUGH ANY EXCHANGE OF BODILY FLUIDS (BLOOD, SEMEN AND VAGINAL FLUIDS) AND DIRECT CONTACT WITH AN OPEN SORE
- CAN BE TRANSMITTED DURING PREGNANCY, CHILDBIRTH, OR NURSING FROM PARENT TO INFANT.

SYMPTOMS:

- ABNORMAL DISCHARGE
- RASH ON ANY PART OF THE BODY, OFTEN ON HANDS/FEET/TORSO
- CHANCRES IN MOUTH OR GENITALS
- FLU-LIKE SYMPTOMS

WINDOW PERIOD:

- 3 MONTHS AFTER POSSIBLE EXPOSURE

TESTING & TREATMENT:

- TESTED THROUGH BLOOD
- PENICILLIN INJECTION
 - NUMBER OF INJECTIONS DEPENDS ON STAGE OF SYPHILIS

UNTREATED:

- IF LEFT UNTREATED SYPHILIS CAN LEAD TO :
 - BLINDNESS
 - DEATH
 - HEART PROBLEMS
 - PARALYSIS

HPV (Human Papillomavirus)

TRANSMISSION:

- ANY EXCHANGE OF BODILY FLUIDS (ORAL, ANAL OR PENETRATIVE VAGINAL SEX) CAN TRANSMIT HPV FROM SOMEONE WHO IS ALREADY INFECTED.
- SKIN TO SKIN CONTACT WITH SOMEONE WHO IS INFECTED CAN PASS THE STRAINS OF HPV THAT CAUSE GENITAL WARTS.

SYMPTOMS:

- GENITAL WARTS
- TYPICALLY NO SYMPTOMS

PREVENTION:

- VACCINE IS AVAILABLE TO PEOPLE AGES 11-45 AND CAN PREVENT HIGH RISK STRAINS OF HPV THAT CAN TURN INTO CANCER OR WARTS.
- CONDOM USE CAN ALSO REDUCE TRANSMISSION

TESTING & TREATMENT:

- TESTED THROUGH A PAP SMEAR
- TREATMENT DEPENDS ON THE TYPE OF HPV

UNTREATED:

- CERVICAL, THROAT, OR ANAL CANCER

WINDOW PERIOD:

- ONE TO THREE YEARS AFTER POSSIBLE EXPOSURE

HEPATITIS C

SCREENING QUESTIONS:

- SHARE INJECTION DRUGS
- GOTTEN PIERCINGS OR TATTOOS OUTSIDE OF A STERILE SHOP
- SHARE SNORTING EQUIPMENT AND/OR WORKS
- BORN BEFORE 1960
- SPENT TIME IN INCARCERATION

TRANSMISSION:

- SPREAD THROUGH BLOOD PRODUCTS INCLUDING UNSTERILE NEEDLES, OR PARENT TO BABY BY PREGNANCY, LABOR, OR NURSING.

SYMPTOMS:

- SOME PEOPLE HAVE NO SYMPTOMS AT ALL
- JAUNDICE, YELLOWING OF THE SKIN
- DARK URINE
- FLUID BUILD UP IN ABDOMEN & SWELLING OF LEGS
- FATIGUE & POOR APPETITE

WINDOW PERIOD:

- 2 WEEKS TO 6 MONTHS AFTER POSSIBLE EXPOSURE

TESTING & TREATMENT:

- TESTED THROUGH BLOOD
- DIRECT ACTING ANTIVIRAL MEDICATION
 - TAKEN FOR 8 TO 12 WEEKS

UNTREATED:

- CIRRHOSIS OF THE LIVER (LIVER DISEASE)
 - CAN POTENTIALLY BE FATAL
- LIVER CANCER

TRICHOMONIASIS

TRANSMISSION:

- PASSED THROUGH EXCHANGE OF BODILY FLUIDS, ORAL, ANAL, AND VAGINAL SEX.

SYMPTOMS:

- ABNORMAL DISCHARGE FROM VAGINA OR PENIS
 - CAN BE GREEN IN TINT
- BURNING WITH URINATION/EJACULATION
- ITCHING, BURNING REDNESS, OR SORENESS OF GENITALS
- NO SYMPTOMS IS COMMON

WINDOW PERIOD:

- 1 WEEK AFTER POSSIBLE EXPOSURE

TESTING & TREATMENT:

- TESTED THROUGH SWABS AND URINE
- ORAL ANTIBIOTIC CALLED METRONIDAZOLE
 - NO SEX FOR 7 DAYS AFTER YOU FINISH MEDICATION

UNTREATED:

- CAN INCREASE THE RISK OF GETTING OR SPREADING OTHER STIS AND HIV

CHLAMYDIA & GONORRHEA

TRANSMISSION:

- PASSED THROUGH EXCHANGE OF BODILY FLUIDS, ORAL ANAL, AND VAGINAL SEX.

SYMPTOMS:

- NO SYMPTOMS IS COMMON
- ABNORMAL DISCHARGE FROM VAGINA OR PENIS
- BURNING WITH URINATION
- SWELLING OF THE TESTICLES
- ITCHING
- PELVIC PAIN/CRAMPING/PAIN DURING SEX
- BLEEDING BETWEEN PERIODS

WINDOW PERIOD:

- 2 WEEKS AFTER POSSIBLE EXPOSURE

TESTING & TREATMENT:

- TESTED THROUGH URINE, ORAL SWABS, AND/OR RECTAL SWABS
- CURABLE WITH ANTIBIOTICS
 - NO SEX FOR 7 DAYS AFTER YOU FINISH THE ANTIBIOTICS
 - THE ORAL PILL DOXYCYCLINE IS USED FOR CHLAMYDIA
 - AN INJECTION OF CEFTRIAXONE IS USED FOR GONORRHEA

UNTREATED:

- IF LEFT UNTREATED CHLAMYDIA AND GONORRHEA CAN DEVELOP INTO PELVIC INFLAMMATORY DISEASE (PID) IN PEOPLE WITH A VAGINA
 - PID IS TREATABLE WHEN DISCOVERED
- THEY CAN ALSO SPREAD TO THE BLOOD AND CAUSE FURTHER INFECTIONS
- IN RARE CASES CAN LEAD TO INFERTILITY