

## What are STDs?

STDs (Sexually Transmitted Diseases) are diseases people get from having sex with someone who has an STD.

You may have heard of gonorrhea, syphilis, herpes, or chlamydia. HIV, the virus that causes AIDS, is also an STD.

### STDs can spread when:

- You have sex without a condom
- You have sex with more than 1 partner
- Your sex partner has sex with other partners

### STDs can spread to your unborn baby.

If you do not get treatment, these diseases can cause many problems for you and your baby:

- You could have a miscarriage
- The baby might be born too early or too small
- The baby may have birth defects or other health problems
- You could get very sick

### Call your health care provider right away if you:

- Have burning or itching around the vagina
- Have pain in the pelvic area
- Have an unusual discharge from your vagina (it may smell bad or be colored or bubbly)
- Have a rash on your body, palms, or soles of your feet
- Experience pain when you have sex
- See sores, bumps, or blisters around your vagina or mouth, even if they don't hurt
- Experience burning when you urinate (pee)

### You or your partner may not have any signs of an STD.

Even if you don't see any signs, STDs can still spread. You may have signs that go away. But the STD stays in the body. Remember, you can get tested for STDs.

### You should get tested for STDs during pregnancy.

STD tests are a routine part of prenatal care. This is very important and recommended for certain STDs when you are pregnant. When you get tested, you can get any care you need right away to protect your health and the health of your baby.



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