

STDs are dangerous for you and your baby.

STDs are diseases you could get when you have sex with someone who has an STD. You can get an STD from someone even if he or she doesn't have any symptoms. You may have heard of HIV, chlamydia, gonorrhea, and herpes, but there are many more STDs.

Here just a few of the problems STDs can cause:

- Your baby could be born too early or too small
- Your baby's eyes or lungs could be damaged
- Your baby could have lifelong health problems
- Your baby could die

Here are ways to protect yourself and your baby.

Use a latex condom every time you have sex if:

- You have more than 1 sex partner
- You think your partner may have other partners
- You know your partner has sex with other people
- You don't know if your partner has an STD or HIV

Ask your health care provider to show you how to use a condom.

- There are condoms for both men and women
- It's easy to learn

Don't share needles to inject anything.

- If you do share needles, use bleach to clean them between uses
- Ask your health care provider how to clean needles
- Find out if there are needle exchange programs near you
- Don't share other equipment or works used for injection

Get tested! While not all STDs are curable, there are medicines that can help:

- Tell your health care provider if you have had STDs in the past
- Get tested for STDs and HIV. The earlier STDs are found the better!
- If you have an STD, get treated. Make sure your partner gets checked and treated, too.

For more information, call: _____



How to Use a Condom

Condoms can help protect against infection. For best results, they must be used correctly.

- Use a new condom each time
- Condoms should be put on before sexual contact and left on until all contact is finished
- Squeeze air out of the tip and unroll the condom all the way
- After ejaculation, hold the condom while pulling out. Take care not to spill the liquid. Then take the condom off the penis and throw it away.
- Only use water-based lubricants (no lotion, Vaseline, baby oil, etc.)