

Common sexually transmitted infections:

Disease	Type of infection	Organism	Transmission (unprotected)	Transmission requirements (contact with an infected person)	Symptoms	Treatment
Chlamydia	Bacterial	<i>Chlamydia trachomatis</i>	Oral Vaginal Anal	Fluid exchange (vaginal discharge and/or semen) that comes in contact with body membranes (mouth, vagina, anus, penis)	Burning sensation when urinating Cloudy discharge from urethra or anus No symptoms	Antibiotics
Gonorrhea	Bacterial	<i>Neisseria gonorrhoeae</i>	Oral Vaginal Anal	Fluid exchange (vaginal discharge and/or semen) that comes in contact with body membranes (mouth, vagina, anus, penis)	Burning/painful sensation when urinating Yellow or white discharge from urethra Painful bowel movements Bleeding between periods Swelling of testicles No symptoms	Antibiotics
Syphilis	Bacterial	<i>Treponema pallidum</i>	Oral Vaginal Anal	Skin-to-skin contact	Primary: Chancre (painless sore) Secondary: Rashes on palm of hands and feet Latent: No symptoms Tertiary: Affects multiple organs Neurosyphilis or ocular syphilis: Multiple symptoms affecting eyes and/or nervous system	Antibiotics
HIV	Viral	HIV virus	Vaginal Anal Breastmilk Blood	Fluid exchange (vaginal discharge and/or semen, blood) that results in direct contact with bloodstream Sharing of needles	No symptoms Mild fever, headaches, lack of energy Rash	Antiretroviral therapy
Herpes	Viral	HSV-2 HSV-1	Oral Vaginal Anal	Skin-to-skin contact with a person exhibiting symptoms or onset of symptoms (viral shedding)	Painful open sores Redness Itchiness	Antiviral drugs to control or suppress symptoms

Reduce the risk of transmission:

- Correct and consistent use of condoms during oral, vaginal and anal sex.
- Correct and consistent use of condoms for other sexual activities that might involve fluid exchange, including oral sex.
- Sexual activities that do not involve fluid exchange or skin-to-skin contact of genitals (like mutual masturbation).

STD testing:

-If you are sexually active, it is important to get tested a minimum of once a year. If you are or have been sexually active, and are currently presenting symptoms, it is vital to reach out for help. If you want to consult your primary care physician or OBGYN first, they will gladly offer you help and order labs. If you wish to seek out help in any other way, there are various clinics that will gladly offer help free of charge or at a very low cost, whether you have health insurance or not. It is recommended to call first in order to get all the information you might need:

1. CLETS:

Localizado en el Centro Médico de Río Piedras
(787) 771-4699
(787) 763-9754

2. CPTET Bayamón:

Localizado en el Antiguo Hospital Regional,
específicamente en la Casa de Salud en la
escuela de medicina Universidad Central del
Caribe (UCC)
(787) 288-6371

3. CPTET Caguas:

Localizado en el Hospital San Juan Bautista
(787) 653-0550 Ext. 1151/1142
(787) 744-8645

4. CPTET Ponce:

Localizado en el Antiguo Hospital Distrito
Detrás Hospital San Lucas 2
(787) 259-4731
(787) 259-4046

5. CPTET Arecibo:

Localizado en el Antiguo Hospital Regional
Hosp. Cayetano Coll y Toste
Detrás del Hospital
(787) 439-4086
(787) 439-4084

6. CPTET Fajardo:

Localizado en el Hospital Hima San Pablo
(787) 801-1992
(787) 801-1995

7. CPTET Mayagüez:

Localizado en el Centro Médico de Mayagüez,
al lado de ASSMCA
(787) 439-4087
(787) 439-4084

8. Clínica ETS Ponce:

(787) 848-2000
(787) 848-2001
(787) 842-0948

9. Clínica ETS Humacao:

CDT Dr. Jorge Franceschi
(787) 285-5600
(787) 852-0665 Ext. 23

10. Clínica ETS Isabela:

Centro Isabelino de Medicina Avanzada (CIMA)
(787) 830-2738

11. Clínicas PREVEN:

www.prevenpr.com

12. PR CoNCRA:

Localizado en Río Piedras
(787) 753-9443

13. Proyecto CARIB:

Localizado en Mayagüez
https://www.facebook.com/pg/proyecto.carib/about/?ref=page_internal

***This guide is only meant to provide you with general information about common sexually transmitted diseases and with resources where you can find medical help.**