

# Assessment Services

## STIs & STDs

### Commonly Found Sexually Transmitted Diseases and Infections

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This brief handout is a joint project between your provider and SRS of Kansas. It is our combined effort and hope that you will either know this information – or take a moment to learn more and safeguard yourself and others.

STIs or sexually transmitted infections are spread through intimate sexual contact. There are several types such as; Chlamydia, Gonorrhea, Syphilis, Herpes, Genital Warts, Hepatitis and HIV/AIDS.

**Chlamydia** is the most common bacterial STD. They often are passed without any symptoms. The symptoms include watery or milky discharge from the penis (male), or vaginal discharge and/or bleeding (female), and both can experience difficulty while urinating. Long-term effects of Chlamydia can result in pelvic inflammatory disease which spreads to the fallopian tubes causing infertility or potential problems during pregnancy. Neonatal Conjunctivitis can be found in an infant's eyes after it is born and Chlamydia pneumonia causes the infant to be born with pneumonia.

**Gonorrhea** is another form of bacterial STI. Males can have a milky discharge from the penis and difficulty urinating with swollen testicles. Females can have a yellowish vaginal discharge/bleeding and abdominal pain and/or painful urination. Gonorrhea can cause pelvic inflammatory disease, inflammation of the fallopian tubes, sterility, or epididymitis (swollen testicles).

**Syphilis** is a bacterial infection passed from person to person through direct contact. Syphilis symptoms can disappear, but the disease remains and continues through the stages. The stages are:

- Incubation – may take three weeks to appear
- Primary – Change at point of contact
- Secondary – rash appears six weeks after contact
- Latent – no outward signs appear
- Tertiary – can damage skeleton and organs

**Herpes** is a contagious viral infection caused by the herpes simplex virus. There is no current cure for herpes and there are two types. HSV 1 is the most common and causes sores on the lips or around the mouth. These sores are often referred to as fever blisters or cold sores. It can cause genital herpes infections as well. HSV 2 is related to infections of the genitals and it can also infect the mouth. This also stays in the body for life. The signs and symptoms vary from person to person but appear in 2-10 days, and last for 2-10 weeks. Please note that not all people shows signs but may still act as a “carrier” of the virus. Other symptoms include fever, headache, muscle aches, painful or difficult urination, swollen glands, itching, burning or vaginal discharge.

**Hepatitis** causes inflammation of the liver and can be caused by a virus. There are many types but Hepatitis is the most commonly associated with substance abuse. To reduce your risk to Hepatitis do not shoot drugs, and/or share needles. Do not share items that may have small traces of blood on them, i.e. toothbrush, nail clipper, etc. Hepatitis can be spread by sex but is rare. Your risk can be lowered in this regard by wearing a condom. Hepatitis A/B/C/D/E are the five known Hepatitis viruses.

Hep A – is usually spread from person to person by the face/oral route

Hep B – is transmitted by blood, semen and vaginal secretions

Hep C – is transmitted by blood to blood contact

You can protect yourself from Hepatitis by a vaccine for Hep A/B, wash hands with soap and water before you eat and after you use the bathroom. Consider the risks before getting piercings, and/or tattoos. Also do not share needles, or have unprotected sex.

In addition your provider and the state of Kansas hope that you are aware of TB. Please note that though TB is an older disease – it is more commonly found within prisons and/or jail.

**Tuberculosis** is a disease and is caused by germs that enter your lungs upon breathing. It usually stays in the lungs but may move to other areas of the body. TB germs die when they land on a surface, and are spread through the air. The rays from the sun kill TB germs. An infected person would have to share a space with a person for a period of time. You can be tested by your doctor/clinic by a simple TB skin test. It can be treated with antibiotics. The signs and symptoms of TB are a cough that lasts more than 2 weeks, fever, night sweats, feeling weak and tired, losing weight without trying, decreased or no appetite, chest pains or coughing up blood. Individuals who are incarcerated are at more risk than individuals who have not been incarcerated.

***By signing the intake sheet you acknowledge that you have read these facts, had a verbal explanation of these facts and understand them. If you have any further concerns – please ask you monitor as we work with other agencies who are professionals in this area.***