

# STD/STI Prevention Tips

The American Social Health Association

**Abstinence (not having oral, vaginal, or anal sex) is the best way to prevent STDs.** If someone chooses to be sexually active, it is important to reduce the risk of contracting a sexually transmitted disease or infection (STD/STI):

- **Practice mutual monogamy** – having sex with only one, uninfected partner who only has sex with you.
- **Limit the number of sex partners** to reduce possible exposure to an STD/STI.
- **Talk with your partner(s)** about STD/STIs, sexual health, and prevention prior to sexual activity. Open communication fosters trust and respect among partners and is a key aspect of reducing the risks for an STD/STI.
- If you or your partner have had other partners, both of you may want to **get tested before becoming sexually active with each other.** Many STD/STIs can be “silent,” causing no noticeable symptoms in men or women.
- **Use latex condoms consistently and correctly** for all types of sexual contact (oral, vaginal, or anal), even if penetration does not take place.
- Using spermicides is not recommended as they can irritate the skin or vaginal tissue and, especially for women, cause abrasions (tiny openings in skin) that may make it easier to contract an STD/STI.
- **Have regular check-ups, at least once yearly,** if you are sexually active. Don't be afraid to talk honestly with your health care provider about your sexual practices or to ask about STD/STI tests. **Call the National STD Hotline at (800) 227-8922** for more information.
- If you and/or your partner(s) have a bacterial STD, don't have sex (oral, vaginal, or anal) until all partners have been treated.



# STD/STI & HIV/AIDS RESOURCES

**CDC** (Centers for Disease Control and Prevention)

National STD and AIDS Hotlines  
(800) 232-4636 (english/español)  
(888) 232-6348 (TTY)

[www.cdc.gov/hiv](http://www.cdc.gov/hiv) or [www.cdc.gov/std](http://www.cdc.gov/std)

**Nat'l Prevention Information Network**

(800) 458-5231

[www.cdcnpin.org](http://www.cdcnpin.org)

**Hamilton Health Department - STD Clinic**

(609) 890-3647

**HiTops Teen Health Center** (Princeton)

(609) 683-5155

[www.hitops.org](http://www.hitops.org)

**Hyacinth AIDS Foundation**

(800) 433-0254

[www.hyacinth.org](http://www.hyacinth.org)

**New Jersey HIV/AIDS & STD Hotline**

(800) 624-2377

**Teens Health** (Nemours Foundation)

[www.kidshealth.org/teen/sexual\\_health](http://www.kidshealth.org/teen/sexual_health)



**WEST WINDSOR  
HEALTH DEPARTMENT**

Serving West Windsor and Robbinsville  
(609) 936-8400 | [westwindsortwp.gov](http://westwindsortwp.gov)



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