

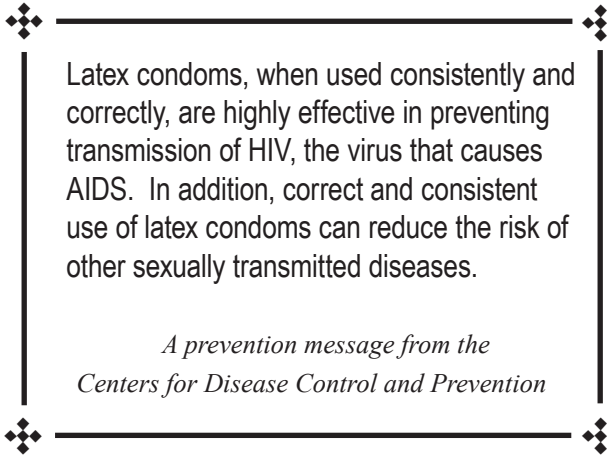
### ***Things to Avoid:***

- » Use of alcohol or drugs in risky sexual situations.
- » IV drug use and sharing needles or sexual contact with IV drug users.
- » Sexual, blood or body fluid contact with a person who has HIV, hepatitis B or hepatitis C.
- » Having sex with persons who have genital discharge, warts or sores.
- » Having sex with many partners, someone you don't know, persons who exchange sex for money or drugs, or persons who have sex with many partners.
- » Oral-anal sex without a barrier or other method (dams - plastic or latex shields) to prevent infections.
- » Oral sex whenever there are sores in the mouth or bleeding gums.
- » Douching (squirting fluids into the vagina for cleaning or rinsing).

### ***Things to Discuss Before Having Sex:***

- » Your partner's and your own sexual past and risk behaviors.
- » Using a condom and other birth control method.

***If you have any questions  
talk to your health care provider.***



Latex condoms, when used consistently and correctly, are highly effective in preventing transmission of HIV, the virus that causes AIDS. In addition, correct and consistent use of latex condoms can reduce the risk of other sexually transmitted diseases.

*A prevention message from the  
Centers for Disease Control and Prevention*



If you need this brochure  
in an alternate format,  
please call (971) 673-0355.

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# **Know Your Risk**

**Things to do . . .**

**Things to avoid . . .**

**Things to Discuss . . .**

**For  
an  
STD  
(Sexually Transmitted Disease)**

## ***Are you at risk for an STD?***

Please circle "Yes," "No," or "Don't know."

Have you ever had:

» Sexual intercourse (vaginal, oral, anal)?

Yes                  No

» More than one sexual partner?

Yes                  No

» Vaginal sex without using condoms or other barrier protection?

Yes                  No

» Oral sex without using condoms or other barrier protection?

Yes                  No

» Anal sex without using condoms or other barrier protection?

Yes                  No

» Two or more sex partners in the past 60 days?

Yes                  No

» Alcohol or drugs that increased your chance of being in a risky sexual situation?

Yes                  No

» Sex with many partners, someone you don't know, someone who exchanges sex for money or drugs, or someone who has sex with many partners?

Yes                  No                  Don't know

» Sex partners who used street drugs with a needle or shared a needle for any other reason?

Yes                  No                  Don't know

» Sex without a condom with someone who had an STD?

Yes                  No                  Don't know

» Male sex partners who have ever had sex without a condom with a man?

Yes                  No                  Don't know

» Sex without a condom with someone who has HIV/AIDS?

Yes                  No                  Don't know

Have you ever?

» Had a blood transfusion or received blood products?

Yes                  No

» Used street drugs with a needle or shared a needle for another reason?

Yes                  No

» Traded sex for drugs, money, or favors?

Yes                  No

***If you answered "yes" or "don't know" to any question, you are at risk of getting an STD.***

***The more you answered "yes" or "don't know" to the questions, the greater your risk.***

## ***What You Can Do to Reduce Your Risk of Getting an STD***

If you are sexually active, you can reduce your risk of getting an STD.

### ***Things to do:***

» Be abstinent. Don't have sex.

» Have sex with only one partner.

» Use condoms every time you have oral, vaginal or anal sex.

» Use latex shields or plastic wrap to help prevent STDs when having oral sex.

» Use a water-based lubricant with condoms to help keep condoms from breaking and reduce irritation.

» Wash genitals and hands before and after sexual contact.

» Look at your own and your partner's genitals to check for rash, sores, bumps or discharge before sexual contact.

» Get a series of shots to prevent hepatitis B.

» Get tested. Many STDs have no symptoms.

» Both partners use a birth control method to prevent unplanned pregnancy.

» If you have an STD, get and take all of your treatment. Many STDs can be cured.

***Plan ahead:  
think about protecting yourself.***

Continued on next panel . . .