

STI Fact Sheet
CSULB Student Health Services, Health Resource Center

Herpes Simplex Virus (HSV)

- Most people have **no symptoms**
- Two types:
 - HSV-1: oral herpes
 - Fever blisters/ cold sores
 - HSV-2: genital herpes
 - Blisters in the genitals
- Can be spread through:
 - Oral sex
 - Can spread HSV-1 to genitals
 - Can spread HSV-2 to mouth
 - Vaginal sex
 - Anal sex
 - Genital to genital rubbing
- To prevent herpes:
 - Condoms are highly effective; however, some areas of the genitals are not fully covered by condoms.
- Testing method: blood test
- **Herpes is a viral infection, and there is no cure.**
- Medication available to prevent or treat outbreaks.

Human Papilloma Virus (HPV)

- Most people have **no symptoms**
- Half of sexually active people are already infected
- Two main categories
 - High Risk: Can cause cancers
 - Low Risk: Can cause warts in genitals
- Can be spread through:
 - Vaginal, oral, anal sex
 - Genital to genital rubbing
- To prevent HPV:
 - Condoms are highly effective; however, some areas of the genitals are not fully covered by condoms.
 - Gardasil: A vaccine for women that protects against the four most common types of HPV those cause over 70% of cervical cancer and 90% of genital warts. This vaccine does not treat HPV.
- There is no test for men.
- HPV swab tests are available for women.

Chlamydia

- Most of the time there are **no symptoms**
- Symptoms may include:
 - Abnormal discharge
 - Burning during urination
 - Bleeding between periods
 - Lower abdominal pain
- Can be spread through body fluid :
 - Oral sex
 - Vaginal sex
 - Anal sex
- To prevent chlamydia:
 - Use a condom every time you have sex.
- Chlamydia is a bacterial infection
- **Can be treated and cured with antibiotics**
- It is easy to test for chlamydia at the SHS:
 - Urine Test
 - Swab Test (can be done during the well woman exam)
- Can cause infertility in women and men if left untreated.

Gonorrhea

- Sometimes there are **no symptoms**
- Symptoms may include:
 - Abnormal discharge
 - Burning during urination
 - Bleeding between periods
 - Lower abdominal pain
- Can be spread through:
 - Oral sex
 - Vaginal sex
 - Anal sex
- To prevent gonorrhea:
 - Use a condom every time you have sex.
- Gonorrhea is a bacterial infection
- **Can be treated and cured with antibiotics**
- It is easy to test for chlamydia at the SHS:
 - Urine Test
 - Swab Test (can be done during the well woman exam)
- Can cause infertility in women and men if left untreated.