

## Protecting Your Sexual Health

- ◆ 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 STIs.
- ◆ Talk with your partner(s) about STIs, sexual health, and prevention prior to sexual activity.
- ◆ Open communication builds trust and respect among partners and is a key aspect of reducing the risks for STIs.
- ◆ 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 STIs can be “silent,” causing no symptoms in men or women.
- ◆ Having 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. Ask about STI tests, including what STIs you've been tested for and those you have not.
- ◆ If you and/or your partner has a bacterial STI, don't have sex (oral, vaginal, or anal) until all partners have been treated.

**Respect Yourself!**

**Protect Yourself!**



## Getting Tested & Informed

### CSULB Student Health Services

STI testing may include Chlamydia, Gonorrhea, Herpes, and Syphilis. Lab costs vary.  
Call to make an appointment: (562) 985-2727

HIV Testing is rapid, free and confidential.  
Call the Health Resource Center for an Appointment: (562) 985-4609

### Sexual Health Awareness Workshop (SHAW)

#### Topics include:

Well Woman Exam  
Breast Self-Exam  
Testicular Self-Exam  
Birth control methods  
STIs and HIV  
Partner Communication  
Safer Sex Tips

Make an appointment at the HRC:  
(562) 985-4609

### HEALTH RESOURCE CENTER STUDENT HEALTH SERVICES

Room 268

**Questions? Send an email to:** [hrc@csulb.edu](mailto:hrc@csulb.edu)

#### Health Topics Online:

[www.csulb.edu/hrc](http://www.csulb.edu/hrc)

#### Phone:

(562) 985-4609

#### Hours of Operation:

Monday 8:00 am - 6:00 pm  
Tuesday 8:00 am - 6:00 pm  
Wednesday 10:00 am - 7:00 pm  
Thursday 8:00 am - 6:00 pm  
Friday 8:00 am - 12:00 pm

**Your Sexual Health**

**Sex is important and so is your health!**

## A College Student's Guide to Sexual Health



### Health Resource Center

Student Health Services

Room 268

(562) 985-4609

[www.csulb.edu/hrc](http://www.csulb.edu/hrc)

Medical appointments:

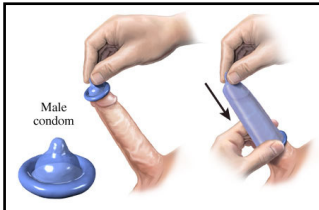
(562) 985-2727

## Condoms

Condoms and latex barriers can help prevent pregnancy, STIs, and HIV.

They are most effective when used from start to finish, with every sex act, with every sex partner.

Always use water-based lubricant with latex condoms.



Male condom

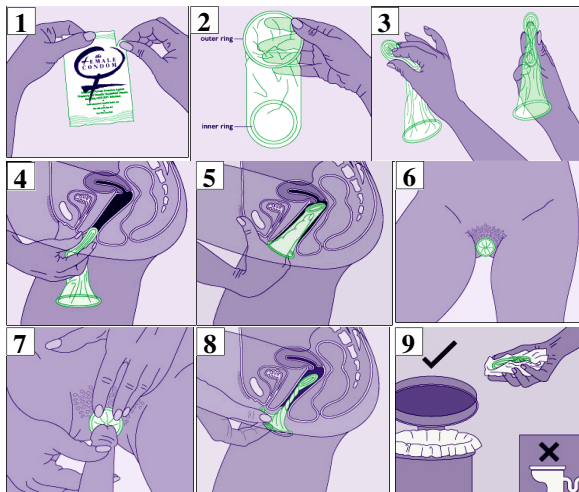
1. Pinch the air out of the tip of the condom with one hand while placing it on the penis.
2. Unroll the condom over the penis with the other hand.
3. Roll the condom all the way down to the base of the penis.
4. Lubricate the outside of the condom with water-based lube.
5. Never use two condoms together, or a male and female condom together.

**\*\*Put the condom on before the penis touches your partner. Men leak fluids from their penises before and after ejaculation. Pre-ejaculate ("pre-cum") can carry enough sperm to cause pregnancy. It can also carry enough microbes to pass sexually transmitted infections.\*\***

### How to make a latex barrier from a condom:



### Female Condom



## Sexually Transmitted Infections

1 in 2 sexually active persons will contract an STI by age 25.

Most of the time, STIs have no symptoms.

### Chlamydia

- Most women and men have no symptoms.
- Can be treated and cured with antibiotics. If left untreated, chlamydia can lead to infertility in both men and women.

### Herpes Simplex Virus (HSV)

- Transmitted through skin-to-skin contact.
- Cannot be cured. Medications can reduce severity and frequency of outbreaks.

#### Oral Herpes (HSV-1)

Also known as cold sores or fever blisters that appear on/around the mouth. Can be spread to genitals during oral sex.

#### Genital Herpes (HSV-2)

Small painful blisters in the genital region can also be inside of the vagina or urethra.

### Human Papilloma Virus (HPV)

- About 50% of sexually active people have been infected with HPV.
- HPV is transmitted through skin-to-skin contact. You do not need to have penetration to transmit HPV.
- HPV can cause genital warts and abnormal cells changes.
- Cannot be cured, but treatments are available to remove warts and abnormal cells.
- A vaccine, Gardasil™, is available to prevent the four most common types of HPV.

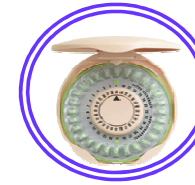
### Human Immunodeficiency Virus (HIV)

- Transmitted through unprotected vaginal, anal, or oral sex, sharing needles, mother to child, and blood to blood/mucous membrane contact.
- Virus can only be passed through blood, semen, vaginal fluids, or breast milk.
- Cannot be cured.

## Birth Control Methods

The following birth control methods do not protect against STIs/HIV.

Condoms should be used in addition to these methods to protect against STIs/HIV.



### Combination Pill

Contains synthetic estrogen and progestin in first 3 weeks followed by one week of placebos. Estrogen prevents ovulation and Progestin thickens cervical mucus. 92-99% effective against pregnancy.

### NuvaRing™

A flexible ring worn in the vagina for three weeks, and removed the fourth week. Works like the combination pill. 92-99% effective against pregnancy.



### Depo-Provera™

One shot given every three months. Effective immediately if given during first 5 days of menstruation. Need to use a back up method for one month to prevent pregnancy. 99% Effective against pregnancy.



### Spermicides

Spermicides kill sperm and are available in different forms such as foam, gel, inserts, film, and the sponge. You do not need a prescription. Some people have allergies to spermicides and should not use them. Spermicide should never be used with anal sex. Spermicides are 75-85% effective against pregnancy.