

THE MOST COMMON STIs AND STDs ARE:

BACTERIAL VAGINOSIS (BV)

Bacterial vaginosis is the most common vaginal infection in women ages 15 to 44. BV is linked to an imbalance of “good” and “harmful” bacteria that are normally found in a woman’s vagina.

Having a new sex partner, multiple sex partners, and douching can upset the balance of bacteria in the vagina and put women at increased risk for getting BV. While BV is not considered an STD, it may increase your chances of getting an STD. BV may also affect women who have never had sex. You cannot get BV from toilet seats, bedding, or swimming pools.

CHLAMYDIA

This common STD may affect both men and women, but can cause serious, permanent damage to a woman’s reproductive system. Chlamydia is spread by having vaginal, anal, or oral sex with someone who has chlamydia.

If your sex partner is male, you can still get chlamydia, even if he doesn’t ejaculate. If you’ve been treated for chlamydia in the past, you can get infected again if you have unprotected sex with someone who has chlamydia.

If you are sexually active, you can do the following things to lower your chances of getting STDs and HIV:

- Choose less risky sexual behaviors;
- Use condoms consistently and correctly;
- Reduce the number of people with whom you have sex;
- Limit or eliminate drug and alcohol use before and during sex; and
- Have an honest and open talk with a healthcare provider and ask about testing for STDs and HIV.

If you have an unexplained rash, itching, unusual discharge, or pain in your genital area, or feel flu-like symptoms in combination with the previous symptoms, please seek medical assistance. Our on-site staff can help you make medical appointments and provide additional information. They will respect your privacy and help you find other support services as needed.

Take advantage of all your resources and make safe decisions about your sexual activity while you are studying abroad.

SOURCE: [HTTP://WWW.CDC.GOV/STD/HIV/STDFACT-STD-HIV.HTM](http://www.cdc.gov/std/hiv/STDFact-STD-HIV.htm)

Sexual Health
while Studying Abroad

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Studying abroad is an exciting time for you as a college student. You're in a new country, surrounded by new sights, new friends, and new memories to bring back home.

*It's really a once-in-a-lifetime experience, so while you make the most of this time in your host country, **make sure you don't end up with a sexually transmitted infection (STI) or sexually transmitted disease (STD).***

It only takes one unprotected or risky sexual encounter to impact your physical health and mental wellbeing — and change the way you remember your time abroad. This brief guide will help you get informed.

This pamphlet is intended to provide general information solely; it does not set forth nor is it intended to set forth every sexually transmitted disease or sexually transmitted infection or all of the circumstances that place individuals at increased risk for contracting STDs and STIs, nor is it intended to identify any and all symptoms. Should you have questions or concerns, please seek appropriate medical assistance.

THE MOST COMMON STIs AND STDs ARE:

PUBIC LICE/"CRABS"

Pubic lice infestation is found worldwide and occurs in all races, ethnic groups, and levels of society. Pubic lice have three forms: eggs (also called nits), nymphs, and adults, and are tan to grayish-white in color. To live, lice must feed on blood. If a louse falls off a person, it dies within one or two days.

Pubic lice are usually found in the genital area on pubic hair, but they may occasionally be found on other coarse body hair, such as hair on the legs, armpits, mustache, beard, eyebrows, or eyelashes. Occasionally, pubic lice may be spread by close personal contact or contact with articles such as clothing, bed linens, or towels that have been used by an infested person.

A common misconception is that pubic lice can be contracted by sitting on a toilet seat. This would be extremely rare, because lice cannot live long away from a warm human body and their feet cannot hold onto or walk on smooth surfaces.

GONORRHEA

This STD can infect both men and women in the genitals, rectum, and throat. It's a very common infection, especially among young people ages 15 to 24 years. You can get gonorrhea by having vaginal, anal, or oral sex with someone who has gonorrhea.



GENITAL HERPES

This STD is caused by two types of viruses: herpes simplex type 1 and herpes simplex type 2. In the U.S., about one out of every six people aged 14 to 49 years have genital herpes. Fluids found in herpes sores carry the virus, and contact with those fluids can cause infection.

You can get herpes by having vaginal, anal, or oral sex with someone who has the disease. You can also get herpes from an infected sex partner who does not have a visible sore — or who may not even know he or she is infected — as the virus can be released through the skin and spread to sex partner(s).

HIV

If you get an STD, you are more likely to get HIV than someone who is STD-free. Why? Because the same behaviors and circumstances that may put you at risk for getting an STD can also put you at greater risk for getting HIV. In addition, having a sore or break in the skin from an STD may allow HIV to more easily enter your body.

*Don't Bring Back
Unwanted Souvenirs!*