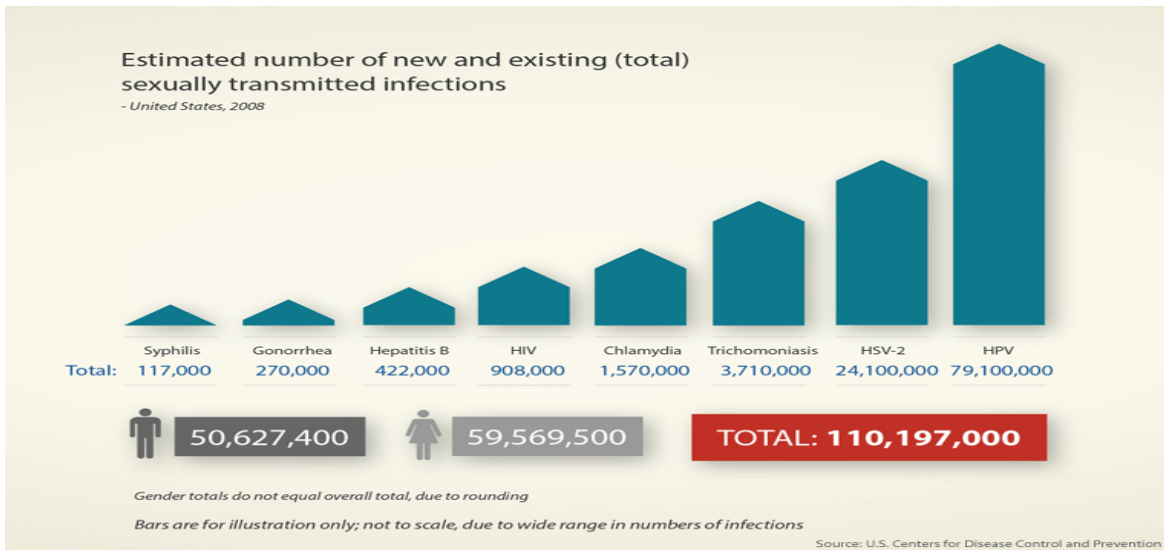


Sexually Transmitted Diseases are a health problem that continues to affect the lives of millions of Americans. According to the Centers for Disease Control and Prevention there are 20 million new STD infections reported annually, half of these by young people between the ages of 15 and 24.



STDs can be prevented. Abstaining from sexual activity, outside of a monogamous relationship where both partners have been tested for STDs, is the only 100% effective way to prevent STD transmission. If you choose to be sexually active you cannot eliminate the risk completely but you can substantially reduce your risk of contracting an STD with **consistent and correct** use of male latex condoms. Find more information on proper condom use at <http://www.cdc.gov/condomeffectiveness/brief.html>.

It is important to know your status when it comes to preventing the spread of STDs. Get yourself tested at least annually if you are at risk for STDs (involved in sexual activity with any individual with unknown STD status). Some infections have no symptoms but can still be spread to your partners without their knowledge. Sexually transmitted infections can have lifelong consequences including recurring flare ups, pain, fertility problems, and in some cases death. For more information contact a Family Planning Nurse at Rice County Public Health, (507)332-6111 or go to SEXUALHEALTHMN.org to chat with a health educator.

CHAT ONLINE:

Have a Question? **CLICK TO CHAT**

Chat now with an online Health Educator.
 Monday—Friday: 9 AM—8 PM
 Saturday: 9 AM — 2 PM

TEXT A QUESTION:

66746 FREE TEXT!

Text ASKMN to 66746 and a health educator will answer your question within 24 hours

CALL THE HOTLINE:

1.800.78FACTS
 {1.800.783.2287}

Call and talk to a Health Educator regarding any sexual health related question.