

Sexually Transmitted Infection (STI) Cheat Sheet

Everything you need to know, all in one place

STIs are on the rise, with young adults having the highest frequency of risk.

Unprotected sex includes behaviors such as oral, vaginal, and anal sex.

Symptom locations and testing methods are dependent on the types of sex you are having.

Barrier methods (internal/external condoms) are a fantastic tool to protect you and your partner(s) from STIs.

You can also discuss status with potential partners and get tested regularly. Take PrEP to prevent HIV.

Most STIs don't show symptoms, or have symptoms that are difficult to recognize as STIs.

The only true way to know your STI status is to get tested.



For more information
from the CDC

Chlamydia & Gonorrhea	<ul style="list-style-type: none">● transmission: unprotected oral, anal, and vaginal sex (fluid transfer)● symptoms: most do not show symptoms; burning urination, discharge, pain and swelling in affected area● long term: scarring, sterility, inflammatory disease● treatment: curable with antibiotics; pills / injections (dual treatment for gonorrhea)● test: urine test or self-collected swab test of throat, vagina, penis, or anus
Genital HPV	<ul style="list-style-type: none">● transmission: skin to skin genital contact● symptoms: mostly asymptomatic; genital warts, abnormal cellular growths● long term: some growths can advance to cancers (cervical, throat, anal)● treatment: warts can be removed, most disappear on their own; may reappear, surgery to remove cancerous tissue● test: visual, annual pap smears, (starting at age 21). No test for male-bodied people.
Hepatitis B	<ul style="list-style-type: none">● transmission: unprotected oral, anal, or vaginal sex; blood-to-blood contact● symptoms: liver difficulties; indigestion, diarrhea, vomiting, disorientation, jaundice, dark urine, joint pain● long term: rare (10% in adults), but can cause liver scarring, cancer, and potential need for transplant● treatment: bedrest, hydration, antiviral medication● test: blood test
Herpes (HSV 1 & 2)	<ul style="list-style-type: none">● transmission: saliva or skin-to-skin contact● symptoms: blisters/sores on mouth (HSV 1); thighs, genitals, or anus (HSV2)● long term: same symptoms, but severity depends on individual● treatment: suppressive medications to reduce severity or number of outbreaks● test: visual, swab from sore, or blood test
HIV	<ul style="list-style-type: none">● transmission: blood, semen, vaginal fluids, anal secretions, breast milk● symptoms: fever, fatigue, nausea● long term: weakened immune system; certain types of infections, rare forms of cancer● treatment: antiretroviral therapy (ART), incurable but easily treated● test: finger stick or blood draw
Syphilis	<ul style="list-style-type: none">● transmission: unprotected oral, anal, and vaginal sex. direct skin to skin contact with sore● symptoms: primary: painless sore on genitals, mouth, or rectum; secondary: rash on hands/feet● long term: brain damage, nerve damage, can be fatal● treatment: curable with antibiotics, but long-term damage can be irreversible if left untreated● test: swab of sore, blood test
Trichomoniasis (Trich)	<ul style="list-style-type: none">● transmission: skin-to-skin genital contact, unprotected vaginal sex/vagina-to-vagina sex● symptoms: itching/irritation in genitals, abnormal discharge, discomfort during urination● long term: premature birth, increased risk for other STIs● treatment: oral medication● test: healthcare provider-ordered lab test (no test for male-bodied people)

STI Testing Cheat Sheet

Everything you need to know, all in one place

- This list contains places you can go to get tested for STIs; cost dependent on the program.
- Please check in with these sites specifically to see when walk-ins are available, or if you need to make an appointment.
- All of these locations have free condoms available.
- Any STI testing under the age of 13 must have parental consent; Child Protective Services reports may be made regarding sexual behavior under the age of 13.



Linktree for
more information

	Tests for: (* = can provide treatment)	Contact Info: (websites in QR code)
Indiana Family Planning Center	By appt only <ul style="list-style-type: none">● Chlamydia*● Gonorrhea*● Syphilis● HIV● Trich*● HSV (swab only)*	<ul style="list-style-type: none">● 639 S Walker St, Ste A<ul style="list-style-type: none">○ Bloomington, IN 47403● 812-668-2028
Planned Parenthood	<ul style="list-style-type: none">● Chlamydia*● Gonorrhea*● Syphilis*● HIV● HPV*● Herpes*● Trich*	<ul style="list-style-type: none">● 421 S College Ave<ul style="list-style-type: none">○ Bloomington, IN 47403● 800-769-0045
Positive Link	<ul style="list-style-type: none">● HIV*● Hepatitis B● Hepatitis C*● Chlamydia*● Gonorrhea*● Syphilis	<ul style="list-style-type: none">● 333 E Miller Dr<ul style="list-style-type: none">○ Bloomington IN 47401● hivtesting@iuhealth.org● 812-353-3169
Southern Indiana Physicians: Riley	<ul style="list-style-type: none">● Chlamydia*● Gonorrhea*● Syphilis*● HIV● Herpes*● Trich*	<ul style="list-style-type: none">● 615 S Clarizz Blvd<ul style="list-style-type: none">○ Bloomington IN 47401○ 812-333-2304● 4935 W Arlington Rd<ul style="list-style-type: none">○ Bloomington IN 47404○ 812-353-3800● 350 S Landmark<ul style="list-style-type: none">○ Bloomington IN 47403○ 812-332-9874
PACE Bedford	<ul style="list-style-type: none">● Chlamydia● Gonorrhea● Syphilis● HIV	<ul style="list-style-type: none">● 2119 16th St<ul style="list-style-type: none">○ Bedford, IN 47421● 812-675-0247