

What should you know about sexual health?

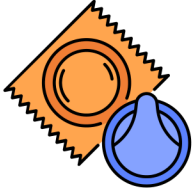
STIs are treatable



If you test positive for a sexually transmitted infection (STI):

- Do not have sex again until you and your sex partner(s) have completed treatment.
- Take all the medication prescribed, even if you start feeling better or your symptoms go away.
- A healthcare provider can also provide medication to your sexual partner(s). This is called "Expedited Partner Therapy," (EPT). Ask your healthcare provider about EPT!

Use condoms



- Condoms can prevent pregnancy, STIs and HIV
- Lubricant can prevent condoms from breaking
- Use condoms every time when having sex

Consider using birth control to prevent pregnancy



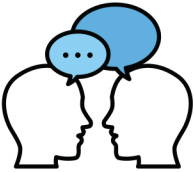
- Use birth control (pill, patch, ring or IUD) or condoms consistently to prevent pregnancy.
- Consult your healthcare provider for the most appropriate birth control method for you.

Limit drug use and alcohol



- Using drugs or alcohol can interfere with your safety and your decision about having sex.
- Avoid alcohol consumption and drug use as a way to protect your health

Don't be afraid to speak up



- Talk to your sex partner(s) about using condoms.
- Ask your partner(s) before sex if they have an STI.
- Tell your partner(s) if you have an STI.
- Ask your healthcare provider about sexual health and STIs.

Get tested for STIs



- Get tested for STIs
- Encourage your sexual partner(s) to get tested for STIs
- Testing is the only way to know if you have an STI.

The Adolescent Health Center of Mount Sinai is here for you

The Adolescent Health Center can address your sexual health questions and provide follow-up care. You can make an appointment by calling 212-423-3000, or you can walk in at 312 East 94th Street, New York, NY 10128.

