



<p>HIV</p> <p>Human = between 2 people Immune-deficiency = a weak immune system, causing you to be sick longer Virus = infection that can't be cured Caused by Unprotected Sex with someone who is HIV+ or of unknown status</p> <p>Transmitted by 4 fluids: Semen Vaginal Secretions Blood Breast Milk</p> <p>Window Period: HIV will sometimes take from 2 weeks to 6 months after the last, unprotected sex encounter to be seen on most HIV tests.</p>	<p>Virus</p> <p>Herpes A & B: Painful sores on the mouth (Type A) or on the genitals (Type B); highly contagious by contact Treatment: Antiviral medication to slow down outbreaks</p> <p>Hepatitis B: Causes flu-like symptoms for months at a time; can cause liver damage if not treated Treatment: Antiviral medication</p> <p>Genital Warts: Pink/white patches of skin growths that grow around or inside the genital/anal region(s). Highly contagious by touch. Treatment: Frozen/burned off with creams of chemical freezing</p>	<p>Bacteria</p> <p>Chlamydia & Gonorrhea: Both can cause a greenish or clear/white, sticky discharge from the genitals, burning urinations and genital redness. Most people will not have symptoms.</p> <p>Syphilis: 1st Stage: Painless sore(s) on genitals/mouth/anus which disappear after a month 2nd Stage: Rash on the bottoms of feet and palms of hands; this, too, disappears after a month 3rd Stage: If not treated, can cause brain damage years later</p> <p>Treatment: Bacteria can be cured with antibiotic medication depending on the severity of bacteria.</p>	<p>Parasites</p> <p>Public lice: These crab-like bugs hide in pubic hair and try to make more bugs by laying eggs in your pubic hair roots and skin. You will itch intensely in your pubic region when they are scratching and biting your skin. Scabies: These bugs dig tunnels in the pores of your skin and hide under fingernails and warm parts of your body. Their bite marks look like a flea bite. Treatment: Parasites can be cured with parasitic creams and lotions, which can be prescribed by doctors.</p>
<p>How to prevent STDs</p> <ul style="list-style-type: none"> ⇒ Don't have Sex! ⇒ Use condoms with every sex partner ⇒ Get tested (and treated) every 4-6 months ⇒ Talk to your partner(s) about STDs and protection ⇒ Don't mix sex with drugs and alcohol ⇒ Limit the number of people you have sex with ⇒ Use PrEP or PEP to lower your risk of getting HIV ⇒ PASS THIS ON! <p>Look on the back of this page for more information on testing locations</p>	<p>The</p>  <p>Information Guide</p> <p><u>Helping you understand what STDs are and how to prevent them</u></p>  <p>SAN DIEGO YOUTH SERVICES Building futures for at-risk youth</p>	<p>What are STDs?</p> <p>Sex = the act of oral, vaginal or anal sex Transmit= to pass from one person to another Disease = an illness which can get worse without treatment</p> <p>How do you get a STD? One of the main ways of contracting a STD is having <i>unprotected sex</i> with someone who is unaware of their STD health history.</p> <ul style="list-style-type: none"> ◇ The term “unprotected sex” can also mean that a condom or other barrier method is NOT properly used or covering an infected area. <p>Who can get a STD? Anyone, but youth ages 14-24 are at highest risk.</p>	<p>Can you cure a STD? Some are curable – only have to take medicine or receive a shot to make the infection go away. Other infections are treatable – they require lifelong medication to manage the disease.</p> <p>Types of STDs</p> <p>Parasites: Bug-like infections which can live under your skin ◇ CURABLE</p> <p>Bacteria: Infections inside your blood and sexual fluids which won't always have symptoms ◇ CURABLE</p> <p>Virus: Infections that grows at a fast rate which can cause other health complications ◇ TREATABLE</p>

<p style="text-align: center;">South Bay San Ysidro Health Centers CASA 3045 Beyer Boulevard Suite D-101 San Diego, California 92154</p> <ul style="list-style-type: none"> Monday - Thursday 8:30 AM to 6:00 PM and Friday 8:00 AM to 5:00 PM <p>For a complete schedule of services, please call 619-662-4161</p>	<p style="text-align: center;">East County Planned Parenthood - College Avenue</p> <p>Sarah Waddington Health Center Medical Clinic Address: 4575 College Ave, San Diego, CA 92115 Phone: (888) 743-7526 Hours: 7:30AM-5PM</p> <p style="text-align: center;">Region Public Health Center South Bay 690 Oxford St. Chula Vista, CA 91911 619.409.3110 Thursday: 12 noon - 6 pm FEE: \$15 per visit for comprehensive STD and HIV testing, (may be waived if you are unable to pay). The fee covers a physical exam and, if necessary, laboratory tests, treatments, vaccinations and any follow-up visits within 30 days. Our clinics do not</p>	<p style="text-align: center;">North County North Coastal Public Health Center</p> <p>104 South Barnes Street Oceanside, CA 92054 760.967.4401</p> <ul style="list-style-type: none"> Wednesday: 12:30 – 7:30 pm <p>FEE: \$15 per visit for comprehensive STD and HIV testing, (may be waived if you are unable to pay). The fee covers a physical exam and, if necessary, laboratory tests, treatments, vaccinations and any follow-up visits within 30 days. Our clinics do not accept insurance. Payment is by cash or check only. There is no fee for HIV testing only.</p>	<p style="text-align: center;">Family Health Centers-Hillcrest 4094 4th Avenue San Diego, CA 92103 (619) 515-2545</p> <p>Adult Services Mental Health Services STD Screening and Treatment</p> <p>Closed for lunch 12:00 – 1:00pm Monday: 8:00am – 5:00pm Tuesday: 8:00am – 5:00pm Wednesday: 8:00am – 5:00pm Thursday: 8:00am – 5:00pm Friday: 8:00am – 5:00pm</p>
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Testing Types and Prevention

Rapid Testing– HIV results within 20 minutes of your test.

Oral Swab– Get HIV testing done with a swab of your mouth, no needles

Early Testing- a type of 'viral load' test can detect the presence of HIV.

PrEP- 'pre-exposure prophylaxis,' is a oral pill HIV-negative people take an once a day before coming into contact with HIV to reduce their risk of HIV infection.

PEP-“post-exposure prophylaxis,” PEP is a medication taken after coming into contact with HIV to reduce their risk of HIV infection. PEP must be started within 72 hours after HIV exposure.

Condoms– Male and females condoms are FREE at most clinics.

Sexual Health Clinics

HIV and STI Clinics

HIV /STI Testing locations

Central
The San Diego LGBT Community Center

3909 Centre St
San Diego, CA 92103
619.692.2077

Free HIV testing is available at The Center (both walk-in and by appointment) at the following times.

Monday - Friday: 9am-8pm (last test at 7pm)
Saturday: 10am-2pm (last test at 1pm)
Friday Only
Early Test: 12 noon-4pm (last test at 3pm)
Couples Testing: 4-9pm (last test at 8pm)

County Health Services Complex

Rosecrans St.
San Diego, CA 92110
Make an Appointment 619.692.8550
Monday, Tuesday and Friday: 7:30 am – 4 pm
Wednesdays: 11 am - 7 pm
Thursday: 10 am - 4 pm

FEE: \$15 per visit for comprehensive STD and HIV testing, (may be waived if you are unable to pay). The fee covers a physical exam and, if necessary, laboratory tests, treatments, vaccinations and any follow-up visits within 30 days. Our clinics do not accept insurance. Payment is by cash or check only. There is no fee for HIV testing only.