

FACTS ABOUT SEXUALLY TRANSMITTED DISEASES (STDs)

WHAT ARE STDs?

STDs are diseases that spread through sexual contact like vaginal, anal, and oral sex.

Some STDs can also spread:

- Through skin-to-skin contact with an infected sore,
- Through contact with blood or other bodily fluids, or
- By sharing needles or syringes.

In 2023, healthcare professionals diagnosed more than 210,000 Texans with one or more STDs.

Many people with STDs have no symptoms; an infected person may seem healthy, but they can still pass an STD to you.

HOW CAN I STAY SAFE?

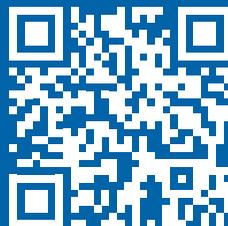
The only sure way to avoid getting an STD is by not having sex.

If you decide to have sex, reduce your risks of catching an STD by:

1. Staying with one partner who only has sex with you.
2. Making sure your partner:
 - Does not have an STD,
 - Has no other partner(s), and
 - Does not inject drugs.
3. Using a new condom every time you have sex. When worn correctly, condoms can help prevent you from catching or passing an STD. However, be aware that you can catch some STDs through contact with an infected area not covered by a condom.

WHERE CAN I GET TESTED FOR STDs?

To find a testing location near you, scan the QR code below:



If you are pregnant or planning to get pregnant, make sure you get tested for STDs as soon as possible. Many STDs can pass to your baby during pregnancy, childbirth, or breastfeeding and can cause lasting harm.

After testing, make sure you discuss your results with your doctor.

WHAT IF I TEST POSITIVE FOR AN STD?

If you test positive for an STD, you must:

- Follow all instructions on treatment given to you by your doctor.
- Attend all follow-up visits.
- Avoid all sexual contact until your doctor confirms your treatment was successful.
- Make sure your partner(s) also receive testing and treatment (if necessary). If you do not want to disclose your STD status to your partner, please contact your local health department at 2-1-1 for assistance.

See reverse side for a table of common STDs in Texas.



TEXAS
Health and Human
Services

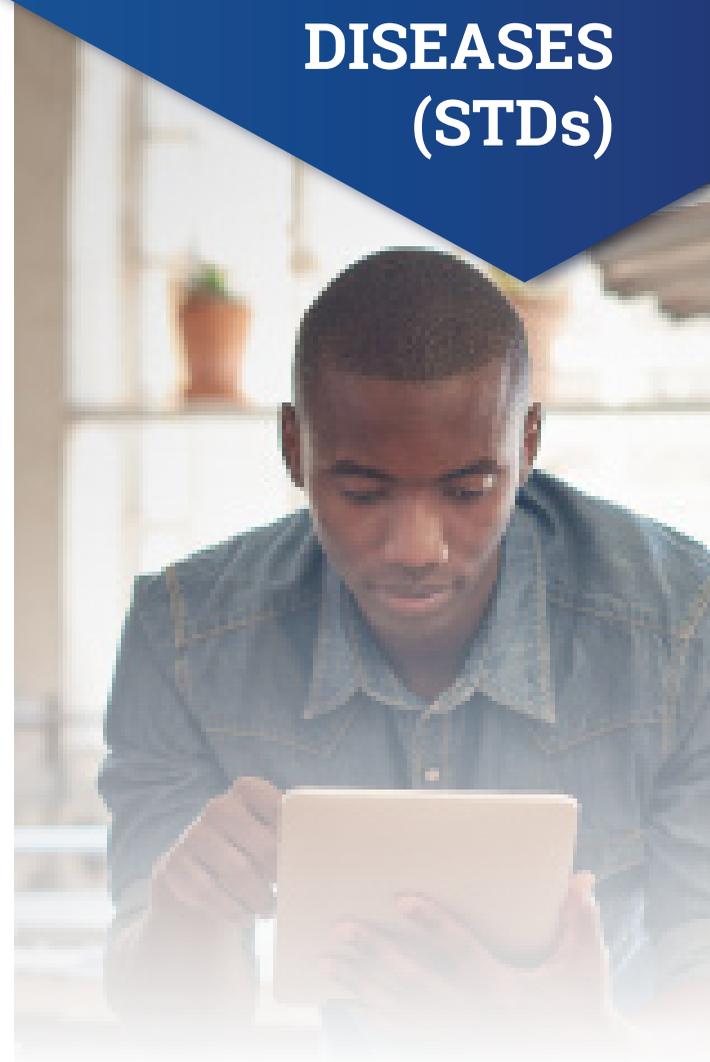
Texas Department of State
Health Services

For HIV/STD questions, call
737-255-4300

or visit
dshs.texas.gov/hivstd

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TEXAS
Health and Human
Services

Texas Department of State
Health Services

Common STDs in Texas

	Chlamydia	Gonorrhea	Hepatitis B	Herpes	HIV	HPV	Syphilis	Trichomoniasis
Possible Symptoms	<p>About one to two weeks after infection:</p> <ul style="list-style-type: none"> •Painful or frequent urination. •Genital discharge. •Anal discomfort. •Bleeding between periods. •Pain during sex (women). •Abdominal or stomach pain (women). •Painful or swollen testicles (men). 	<p>About two to ten days after infection:</p> <ul style="list-style-type: none"> •Purulent discharge from genitals or anus. •Burning or pain when urinating. •Rectal pain and itching. •Sore throat. •Bleeding between periods. •Pain in lower belly, lower back (women). 	<p>About one to six months after infection:</p> <ul style="list-style-type: none"> •Fever. •Fatigue. •Loss of appetite. •Nausea. •Vomiting. •Abdominal pain. •Dark urine. •Clay-colored stool. •Joint pain. •Jaundice. 	<p>Within two weeks of infection:</p> <ul style="list-style-type: none"> •Sores, bumps, blisters, or rashes in genital area. •Pain or itching around genitals, buttocks, or legs. •Itching or burning during urination. •Swollen lymph nodes in or near groin. •Fever, headache, or fatigue. 	<p>Within one to two months of infection:</p> <ul style="list-style-type: none"> •Fever. •Rash. •Fatigue. •Muscle aches. •Swollen lymph nodes. <p>Symptoms may appear several years after infection and can signal the onset of AIDS.</p>	<p>Depending on the type of HPV:</p> <ul style="list-style-type: none"> •Within a few weeks or months of infection: small, painless bumps (genital warts) may appear around genitals, anus, or mouth. ▶ Sometimes, warts may itch or burn. 	<p>In the first stage (30-90 days after infection):</p> <ul style="list-style-type: none"> •Painless sore(s) on or near genitals, anus, or mouth. <p>In the second stage (weeks or months after first sore appears):</p> <ul style="list-style-type: none"> •Rashes on hands and feet, chest, back, or genital area. •Hair loss. •Headaches, fever, or sore throat. 	<p>Within one to two weeks of infection:</p> <ul style="list-style-type: none"> •Itching, burning, redness, or soreness in genital area or inside genitals. •Discomfort when urinating, or after ejaculation (men). •Discomfort during and after sex. •Genital discharge.
Possible Long-Term Health Issues	<p>In men:</p> <ul style="list-style-type: none"> •Severe pain in penis and testicles. •Sterility. <p>In women:</p> <ul style="list-style-type: none"> •Pelvic Inflammatory Disease (PID). •Ectopic pregnancy. •Infertility. •Chronic pelvic pain. <p>In infants:</p> <ul style="list-style-type: none"> •Eye problems. •Lung problems. 	<p>In men:</p> <ul style="list-style-type: none"> •Painful swelling in testicles. •Sterility. <p>In women:</p> <ul style="list-style-type: none"> •Infertility. •PID. <p>In both:</p> <ul style="list-style-type: none"> •Heart problems. •Arthritis. <p>In infants:</p> <ul style="list-style-type: none"> •Eye infection <ul style="list-style-type: none"> ▶ Can lead to blindness. 	<ul style="list-style-type: none"> •Chronic infection throughout life. •Infection can develop into potentially fatal liver diseases, including cancer and cirrhosis. 	<ul style="list-style-type: none"> •Open sores, blisters, or rashes increase risk of catching or passing other STDs. •Recurring outbreaks throughout life. •Rarely, can cause death in newborn infants. 	<ul style="list-style-type: none"> •Acquired Immunodeficiency Syndrome (AIDS), or the inability of the immune system to combat diseases or cancers. •Death. 	<ul style="list-style-type: none"> •Cervical, vaginal, vulvar, penile, rectal, or throat cancer. •Increased risk of catching or passing other STDs through contact with warts. 	<p>In adults:</p> <ul style="list-style-type: none"> •Arthritis. •Heart disease. •Nervous system problems. •Dementia. •Blindness. •Death. <p>In newborns and infants:</p> <ul style="list-style-type: none"> •Premature birth. •Severe disabilities. •Brain or nerve damage. •Stillbirth or death shortly after birth. 	<ul style="list-style-type: none"> •Increased risk of catching or spreading other STDs. •Chronic infection lasting months or years. •In pregnant women, can cause premature birth and low birth weights (under 5.5 pounds).
Treatment(s)	Treatable with antibiotics.	Treatable with antibiotics.	Vaccines can help prevent infection in children and high-risk adults.	Medication and topical treatment(s) can reduce symptoms and prevent spread of herpes to others.	Medications are available to: <ul style="list-style-type: none"> •Help prevent the spread of HIV, and •Help people living with HIV have healthier, longer lives. 	<ul style="list-style-type: none"> •Vaccines can help prevent infection. •A doctor can treat or remove genital warts. 	<ul style="list-style-type: none"> •Treatable with antibiotics. ▶ Pregnant women must take penicillin. 	Treatable with antibiotics.