



What is an STI

Sexually transmitted infections (STIs) are also called STDs. They are infections that pass from one person to another through sexual contact. STIs can be present without any symptoms.



Latex and polyurethane condoms reduce the spread of HIV and other STIs. They do not get rid of the risk entirely. Use a condom correctly and every time you have vaginal, anal, or oral sex. Do this unless you have sex with only one partner and neither of you has an STI.

Barriers made of natural membranes, such as lamb skin, do not give good protection against STIs. Buy condoms that state, "Protect against disease" on the package label. Also, do not use a male condom and a female condom at the same time.

Oil-based or petroleum lubricants can damage latex condoms. If a lubricant is used for sex, use a water-based one, such as K-Y Brand products.

If you are sexually active, talk to your doctor about screening tests for STIs.