

# THE LOWDOWN ON HOW TO PREVENT SEXUALLY TRANSMITTED DISEASES

## Practice Abstinence

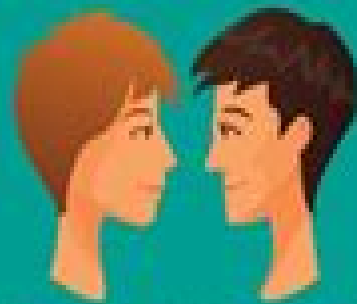
The surest way to avoid STDs is to not have sex.



This means not having vaginal, oral, or anal sex.

## Have Fewer Partners

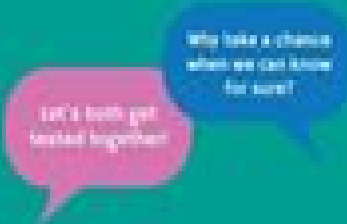
Agree to only have sex with one person who agrees to only have sex with you.



Make sure you both get tested to know for sure that neither of you has an STD. This is one of the most reliable ways to avoid STDs.

## Talk With Your Partner

Talk with your sex partner(s) about STDs and staying safe before having sex.

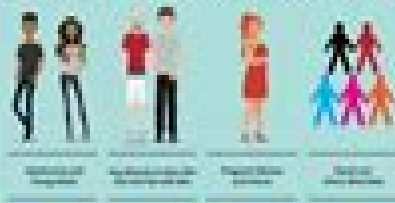


It might be uncomfortable to start the conversation, but protecting your health is your responsibility.

CDC estimates there are **MILLIONS** of new STD infections in the United States each year.

Anyone who is sexually active can get an STD.

Some groups are more affected by STDs and their outcomes.



## Use Condoms

Using a condom correctly every time you have sex can help you avoid STDs.

Condoms reduce the risk of infection for gonorrhea, HIV, chlamydia, syphilis, and herpes. They help protect you from contact with your partner's skin even when using a condom.



Most people say they want a condom the first time they ever had sex, but when asked about the last four weeks, how often regular condom use had a condom every time.

## Get Vaccinated

The most common STD can be prevented by a vaccine.

The HPV vaccine is safe, effective, and can help you avoid HPV-related health problems like genital warts and cancer.

Who should get the HPV vaccine?



All males ages 11-26 and all females ages 11-26 should get the HPV vaccine.

## Get Tested

Many STDs don't have symptoms, but they can still cause health problems.



The only way to know for sure if you have an STD is to get tested.

## The Good News

STDs **ARE** preventable. There are steps you can take to keep yourself and your partner(s) healthy.

Here's How You Can Avoid Giving or Getting an STD:

View Infographic Online at: [www.cdc.gov/std/prevention/lowdown/](http://www.cdc.gov/std/prevention/lowdown/)

## If You Test Positive...

Getting an STD is not the end!

Many STDs are curable and all are treatable.

If either you or your partner is infected with an STD that can be cured, both of you need to start treatment immediately to avoid getting reinfected.

# Guide 9 Std

**Katrin Zwirglmaier**



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## **Table of Contents Guide 9 Std**

1. Understanding the eBook Guide 9 Std
  - The Rise of Digital Reading Guide 9 Std
  - Advantages of eBooks Over Traditional Books
2. Identifying Guide 9 Std
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Guide 9 Std
  - User-Friendly Interface
4. Exploring eBook Recommendations from Guide 9 Std
  - Personalized Recommendations
  - Guide 9 Std User Reviews and Ratings
  - Guide 9 Std and Bestseller Lists
5. Accessing Guide 9 Std Free and Paid eBooks
  - Guide 9 Std Public Domain eBooks
  - Guide 9 Std eBook Subscription Services

- Guide 9 Std Budget-Friendly Options
- 6. Navigating Guide 9 Std eBook Formats
  - ePub, PDF, MOBI, and More
  - Guide 9 Std Compatibility with Devices
  - Guide 9 Std Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Guide 9 Std
  - Highlighting and Note-Taking Guide 9 Std
  - Interactive Elements Guide 9 Std
- 8. Staying Engaged with Guide 9 Std
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Guide 9 Std
- 9. Balancing eBooks and Physical Books Guide 9 Std
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Guide 9 Std
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Guide 9 Std
  - Setting Reading Goals Guide 9 Std
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Guide 9 Std
  - Fact-Checking eBook Content of Guide 9 Std
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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