

# **STDs (Sexually Transmitted Diseases)**

STDs are also called venereal diseases. They are caused by germs that live on the skin or in body fluids such as semen, vaginal fluid or blood. The germs are passed from an infected person often through sexual contact with skin, blood or body fluids. These germs can enter the body through the vagina, mouth, anus and open sores or cuts. STDs are not spread by casual contact, by being in swimming pools or by sitting on toilet seats.

## **Signs of STDs**

Signs may occur days, weeks or months after exposure. Some men and women have no signs but have an STD and can pass it onto others.

Common signs include:

- Burning with urination
- Genital ulcers such as open sores or blisters
- Warts
- Skin rash
- Discharge from the penis or vagina
- Abdominal pain, most often in women

## **Types of STDs**

- Gonorrhea
- Syphilis
- Herpes
- Chlamydia

# 性病(性传播疾病)

STD 也称为性病。性病由寄居在皮肤上或体液如精液、阴道液体或血液中的细菌引起。细菌经常由感染者通过皮肤、血液或体液类的性接触散布。这些细菌能通过阴道、口腔、肛门和敞开的伤口或切口进入身体。性病不是由随意性接触、共用游泳池或坐马桶座而散布的。

## 性病的症状

症状可能在接触细菌后数天、数个星期或数月后发生。有些男女没有任何症状但有性病并能传给他人。

常见症状包括：

- 排尿时灼痛
- 生殖器溃疡，如敞开的溃疡或水泡
- 疣
- 皮疹
- 阴茎或阴道有排出物
- 腹痛，女性中最常见

## 性病的类型

- 淋病
- 梅毒
- 疱疹
- 衣原体病

- Hepatitis (HBV)
- Human Immunodeficiency Virus (HIV)
- Human Papilloma Virus (HPV or genital warts)
- Chancroid

## **Preventing STDs**

Abstinence, or no sexual relations, is the best way to prevent the spread of STDs. If you choose to have sexual relations, have one partner and always use latex condoms that have nonoxynol-9 and use with spermicidal jelly.

## **Testing**

You should be tested for STDs if you:

- Have had oral, anal, or vaginal sex and did not use latex condoms.
- Share needles to inject drugs or have sex with someone who does share needles.
- Feel you may have been exposed to or have signs of an STD.

You can be tested for an STD by your doctor or at your local health department. Most testing for STDs is anonymous.

You can go to the Sexual Health walk-in Clinic at the Columbus Health Department at 240 Parsons Avenue, Columbus, OH. Their phone number is (614) 645-7772. Testing for HIV is free and tests for other STDs have a small fee.

- 肝炎(HBV)
- 人体免疫缺损病毒(爱滋病)
- 人体乳突状瘤病毒(HPV 或生殖器疣)
- 软性下疳

## 防止性病

禁欲或无性关系是避免性病散布的最好方法。如果你选择有性关系，请限于一个伴侣，请一直使用带 nonoxynol-9 杀精剂的乳胶避孕套并和杀精润滑剂一起使用。

## 测试

如有下列症状，您应做性病测试：

- 已有口交、肛交或阴道性交而未用乳胶避孕套。
- 共用针头注射毒品或与共用针头者有性交。
- 感觉您可能已暴露于性病或有性病症状。

可由您的医生为您测试性病或在您当地的卫生部门测试。大多数的性病测试都是匿名的。

您可去位于俄亥俄州哥伦布市 Parsons 街 240 号哥伦布市卫生部的性卫生步入诊所。他们的电话号码是 (614) 645-7772。爱滋病毒测试是免费的，其他性病测试的费用也很少。

## **Your Care**

Most STDs are treatable. Some can be cured but others cannot. Medicine can be used to help signs and keep the disease from getting worse.

As a part of your care:

- Avoid sexual relations until you and your partner have been treated.
- Take antibiotics as directed until your treatment is done. Be sure to take all of the medicine your doctor orders.
- Call to make an appointment to repeat tests 3 weeks after finishing your antibiotics.
- Return to the Emergency Department or call your doctor if your signs get worse or you have a fever of more than 101 degrees F or 38 degrees C.

There are risks of other problems and more serious disease if you do not get treatment or get incomplete treatment.

**Talk to your doctor or nurse if you have any questions or concerns.**

## 您的医疗

大多数性病是可以治疗的。有一些可被治愈但其他一些无法治愈。可用药物控制症状并使疾病不再恶化。

作为您医疗的一个部分：

- 避免性关系，直到您和您的伴侣已得到治疗。
- 按医嘱服用抗生素，直到您的治疗完成为止。务必按医嘱服用所有药物。
- 在服完抗生素后 3 个星期时打电话预约重复测试的诊访。
- 如果您的症状恶化或您发烧超过华氏 101 度或摄氏 38 度，请到急诊部复诊或打电话给您的医生。

如不经治疗或治疗不完整，您会有风险罹患其他疾病以及更严重的疾病。

如有任何疑问或关注事宜，请告知你的医生或护士。

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STDs. Simplified Chinese