

WHAT HAPPENS IF I DON'T GET TREATED?

If you don't treat an STI, the infection stays in your body. It may spread and cause serious health problems. You might also pass the STI to your baby. Many STIs can cause serious health problems for babies.

IF I HAVE AN STI, WHAT DOES THAT MEAN FOR MY PARTNERS?

- Your partners may have an STI, too.
- Be sure to tell your recent sex partners, so they can get tested and treated if necessary.
- Avoid having sex until you and your partners have finished your treatment, so you don't re-infect each other.

a message for everyone PROTECT YOURSELF + YOUR PARTNERS

Always see a provider if you have a partner that is being treated for an STI. Also see the provider if you or your sex partners notice any symptoms, such as an unusual sore, painful urination, or discharge. If you have an STI, you should be tested for others. Be sure to tell your recent sex partners, so they can get tested and treated if necessary. Talk openly and honestly with your partners about STIs.



For more information, contact:

MULTNOMAH COUNTY STI CLINIC

Phone: 503-988-3700

Address: 619 NW 6th Ave, 2nd Floor • Portland, OR 97209



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



STIs & pregnancy

THE FACTS



THE FACTS

- If you're pregnant and you have a sexually transmitted infection (STI), you may pass the infection to your baby.
- Everyone who is pregnant should be checked for STIs during their first prenatal visit.
- You can have an STI without knowing it.
- Many STIs do not have symptoms.
- If you don't get treatment for an STI, it can lead to serious health problems for both you and your baby.
- Many STIs are easily treated and cured.

HOW CAN PREGNANT PEOPLE LOWER THEIR RISK FOR STIs?

- The surest way to reduce your risk of STIs during pregnancy is not to have sex or to have sex only with someone who's not infected and who has sex only with you.
- Condoms can reduce your risk of getting some STIs if used the right way every single time you have sex.
- A condom protects only the area it covers. Areas the condom doesn't cover can still be infected.
- Washing the genitals, urinating, or douching after sex will not prevent any STI.

HOW CAN AN STI AFFECT ME AND MY BABY?

- You may pass the infection to your baby before, during, or after the baby's birth.
- You could go into labor too early. This makes it more likely that your baby will be born weighing less than 5 pounds, which is less than a healthy newborn baby should weigh.
- A provider might decide to do a cesarean delivery ("C-section") to protect your baby from infection.
- The infection may cause serious health problems in your baby.

HOW CAN I FIND OUT IF I HAVE AN STI?

Most STIs can be found with a simple test. Not all providers will routinely test pregnant people for STIs, so it's best to ask a provider to check you for STIs.

It's a good idea to get tested for these STIs:

- Chlamydia (cla MI dee a)
- Hepatitis B
- HIV
- Syphilis (SI fi lis)

A provider may also suggest that you be tested for gonorrhea (gon a REE a) and Hepatitis C.

WHEN SHOULD I BE TESTED?

- You should be tested the first time you see a provider after you find out you're pregnant.
- Even if you've been tested for STIs in the past, you should be tested again when you become pregnant.
- It may be helpful for some of the tests to be done again when you get closer to your due date.

HOW ARE STIs TREATED?

- Many STIs can be treated and cured with antibiotics.
- Your provider can recommend medicines to treat an STI that are safe to take while you're pregnant.
- Finish all of the medicine to be sure you are cured.
- Do not share your medicine with anyone. You need all of it.