



STDs

AMONG

AMERICAN INDIANS & ALASKA NATIVES IN THE PACIFIC NW



American Indians and Alaska Natives experience higher rates of many sexually transmitted infections than other ethnic groups.

Talking about sex is not always easy. But you must find the courage to talk about these issues, and take steps to protect yourself and your loved ones from STDs.

Stop the Silence!

Protect yourself and your loved ones. Get tested and treated. End stigma associated with STDs & HIV.

You play a critical role in preventing STDs, and **Project Red Talon** is dedicated to helping you do your part.


StoptheSilence.org

Talk to your tribe, family, kids, & intimate partners.

Did you know?

- **STDs are on the rise.** Chlamydia and gonorrhea rates are going up throughout the U.S.
- **Young people are at highest risk.** In 2006, over eight hundred Native youth age 15 to 29 were diagnosed with chlamydia here in the Pacific Northwest. Young people should ask their doctor to be screened at least once a year.
- **Most infections don't produce any signs or symptoms.** The only way to know for sure it to get tested. It can be as easy as peeing in a cup.
- **Some STDs are serious,** causing pain, cancer, infertility, or death without proper treatment. Having an STD can make it **2 to 5 times more likely to get HIV** from an HIV-positive sexual partner.
- **Fortunately, all STDs can be treated, and many can be cured with antibiotics!**





Common STDs include: Chlamydia, genital herpes, genital warts (HPV), gonorrhea, hepatitis C, and HIV. Many of these diseases can be completely cured, and effective treatments are available for all STDs.

Many individuals who have an STD don't know they are infected. Many STDs don't cause any noticeable signs or symptoms. The only way to know for sure is to get tested. Tribal clinics can provide confidential testing and treatment.

Reduce your risk!

- Abstinence (not having sex) is the best way to protect yourself from STDs. You can be abstinent even if you've been sexually active in the past.
- If you have sex, choose only one partner who you know well and can trust.
- Use latex condoms for any type of sex (vaginal, oral, or anal) from start to finish.
- Always use water-based lubricants (like Astroglide or K-Y jelly) with latex condoms.
- Get tested for STDs once a year, even if you use protection each and every time.

Provided by Project Red Talon, a project of the Northwest Portland Area Indian Health Board
For more information about Project Red Talon, call 503-228-4185 or visit us on the web: www.npaihb.org

Funded by CDC grant U83/CCU024369-04

What Can You Do?

- Learn more about STDs, including the signs and symptoms to look out for, and where to go if you think you may have an STD.
- Use a latex condom or another barrier (like a dental dam) each and every time you have sex.
- Get tested for STDs and encourage others to do the same. Remember, many STDs can be completely cured.
- Speak out! Stop the silence to help end the stigma associated with sex and STDs and HIV.
- Volunteer at a tribal STD/HIV program.

To Learn More:

- Find an STD/HIV testing site near you at www.hivtest.org
 - **Call your doctor**
 - Visit Stop the Silence at www.stophthesilence.org
- **Contact your tribal health department**
 - Call Planned Parenthood at 1-800-230-PLAN (230-7526) or visit www.plannedparenthood.org
 - Visit the American Social Health Association at www.asha.org or call 1-800-227-8922