



**CHICANOS
POR LA CAUSA**

STDs/HIV & ME



LUCES - Latinos Unidos Contra El SIDA

Group Agreements

Purpose: The following group rules facilitate the development of trust in the group, help participants feel comfortable to enable sharing of thoughts and feelings with each other.

1. Confidentiality is essential, we expect that each group member will respect and maintain the confidentiality of the group. What is said in the group is NOT to be repeated or discussed at any other time or place.
2. Always be respectful. No putdowns or judgments.
3. We each share the responsibility for making this group.
4. Group participants must use appropriate language (no swear words) while participating in the group.
5. Participants must wear appropriate attire during group.
6. Participants must NOT be under the influence of any substance or use during group (ie. Alcohol, drugs, smoking/vaping).
7. Everyone has a chance to talk. We try to give everyone an opportunity to share.
8. We avoid interrupting. If we do break in, we return the conversation to the person who was speaking.


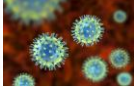

9. No photos, screenshots, or recording of group members.
10. Please use headphones in public areas to maintain confidentiality.
11. Group participants have the right to pass/not participate in specific activities.
12. We do not discuss group members who are not present.
13. We begin and end our meetings on time.
14. Facilitator has the right to remove any group participant they deem that they have violated any group rules.
15. Even though our goal is to support each person, this particular group may not meet your needs. Group participants have the right to discontinue participation of the group at any time.

Disclaimer: CPLC LUCES encourages peer support as it is beneficial for the success of an individual. However, we are not responsible for the relationships formed outside the group or gatherings among group members outside of group times.

Quick Fact: Everyday 12,000 teens contract a STI

What are STIs?

Sexually Transmitted Infection Categories

<p>Bacterial</p> <p>Chlamydia Gonorrhea Syphilis</p> 	<p>Viral</p> <p>HIV HPV Herpes Hepatitis (A,B,C)</p> 	<p>Parasitic</p> <p>Pubic Lice Trichomoniasis</p> 
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Did you know people with a uterus are 4x more likely to contract a STI than getting pregnant?

DISPROOF

- **D**ischarge
- **I**tch
- **S**ores
- **P**ain
- **R**edness/Rash
- **O**dor
- **O**rganisms
- **F**lu-Like Symptoms

Remember: Discharge and odor are completely normal functions of the human body (especially for people with vaginas), but if your discharge and/or odor changes from what is normal for YOUR body, you should talk to a doctor.

Remember: Redness may occur depending on the sexual activity that is taking place. If redness doesn't go away and/or if a rash develops, you should talk to a doctor.

BACTERIAL

DID YOU KNOW: Gonorrhea got the nickname 'the clap' because people with penises would shake their penises to get the discharge off, which caused a "clapping" sound as the penis hit the thigh.

Gonorrhea (The Clap)

- **STI Category:** Bacterial
- **Symptoms:** Pain/burning during urination, discharge, irritation/redness
- **Curable or Treatable:** Curable with antibiotics
- **Testing:**
 - Physical Exam
 - Test of discharge from anus, urethra, vagina
 - Test of sample-cells from cervix, penis, vagina or anus
 - Urine Sample



Chlamydia

- **STI Category:** Bacterial
- **Symptoms:** White/cloudy discharge, pain (during urination and/or sex), bleeding following sex, lower abdominal pain, irregular bleeding
- **Curable or Treatable:** Curable
- **Testing:**
 - Physical exam
 - Test of discharge from anus, urethra, and/or vagina
 - Test of sample-cells from cervix, penis, vagina, and/or anus
 - Urine sample




Pelvic Inflammatory Disease (PID)

Symptoms: Pain in lower abdomen, fever, discharge, odor, pain, irregular bleeding
Treatment: Curable by antibiotics

Often a complication of chlamydia or gonorrhea but, may be a complication of other STIs.

Syphilis

- **STI Category:** Bacterial
- **Symptoms:** Sores, rash/redness, fever, flu-like symptoms
- **Curable or Treatable:** Curable
 - *Treatment needs to be as early as possible to be cured. Latent syphilis is not curable but, symptoms can still be treated*
- **Testing:**
 - Blood test
 - Test of fluid taken from sore



VIRAL


DID YOU KNOW Magic Johnson, Jonathan Van Ness and Charlie Sheen are People Living With HIV (PLWH)?





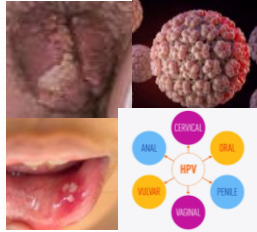
Human Immunodeficiency Virus (HIV)

- **STI Category:** Viral
- **Symptoms:** Flu-like symptoms
 - *Typically asymptomatic*
- **Curable or Treatable:** Treatable
- **Testing:**
 - Blood test
 - Rapid oral test available



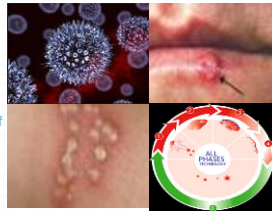
Human Papilloma Virus (HPV)

- **STI Category:** Viral
- **Symptoms:** Genital warts/sores, irregular bleeding, discharge
- **Curable or Treatable:** Treatable
- **Testing:**
 - Physical exam (some genital warts can be seen by the naked eye)
 - Colposcopy: detects warts that are too small to be seen by the naked eye
 - Closely exams the cervix, vagina, and vulva
 - Maybe used if pap smear results come back abnormal



Herpes

- **STI Category:** Viral
- **Symptoms:** Itching of mouth and/or genitals, sores/blisters, pain with urination, body aches, flu-like symptoms
- **Curable or Treatable:** Treatable
 - Outbreaks can be shortened
 - Medication taken daily to lower risk of transmission
- **Testing:**
 - Blood test
 - Test of fluid taken by sore



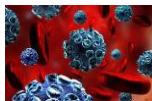
Hepatitis

Hep A/B

- **STI Category:** Viral
- **Symptoms:** Flu-like symptoms, nausea, vomiting, weight loss, itching, jaundice, abdominal pain
- **Curable or Treatable:** Treatable
- **Testing:**
 - Blood test

Hep C

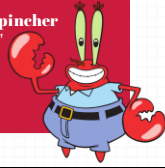
- **STI Category:** Viral
- **Symptoms:** Jaundice, flu-like symptoms, nausea, weight loss, abdominal pain
 - Typically asymptomatic
- **Curable or Treatable:** Curable
- **Testing:**
 - Blood test



PARASITIC

Why is it called crabs?

Pubic lice have two front legs that look like pincher claws on a crab, hence the nickname "crabs."



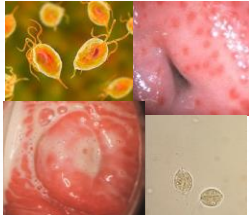
Pubic Lice "Crabs"

- **STI Category:** Parasitic
- **Symptoms:** Itching, visible lice/eggs (organisms), bleeding, redness/rash
- **Curable or Treatable:** Curable
- **Testing:**
 - Physical exam
- **DO NOT SHAVE** if public lice are present. They will burrow down further on the hair follicles, making it more difficult to get rid of them.



Trichomoniasis (Trich)

- **STI Category:** Parasitic
- **Symptoms:** Discharge, odor, pain (with sex and/or urination), inflammation
 - Typically, asymptomatic
- **Curable or Treatable:** Curable
- **Testing:**
 - Test of discharge from vagina or urethra



Bacterial Vaginosis (BV)

Symptoms: Discharge, odor, pain/burning, itching
- Often asymptomatic

Treatment: Antibiotics available
- Can be re-infected after treatment

Linked to an imbalance of "good" and "harmful" bacteria found in a person's vagina

Prevention

- Choose less risky sexual behaviors
- Condoms and other barrier methods
- Limit drug use and/or alcohol use
- Talk to your partner(s)
- Talk to your healthcare provider
- Testing
- PrEP/PEP
- Vaccinations
- Abstinence



Match the Animal to the STI



Chlamydia

Syphilis

Genital Warts

Myth or Fact

- Pre-ejaculate does not transmit STIs
- **Myth:** Pre-ejaculate CAN transmit STIs
- Mutual masturbation can transmit STIs
- **Fact:** Fluids can still be shared
- You can use lice shampoo on pubic lice
- **Myth:** This will burn your genitals
- Al Capone had syphilis
- **Fact:** Latent syphilis had a big impact on Al Capone
- STIs cannot be transmitted through kissing
- **Myth:** Some STIs can be transmitted through kissing
- You can only have one STI at a time
- **Myth:** Having one STI can increase your risk of transmitting another and/or other opportunistic diseases

Questions!

Cynthia Estrada, MSW (Ryan White Part B Supervisor)

(802) 527-2453
• Cynthia.estrada@epi.org

Annae Saldívar, MPH (Lead PrEP/PEP Navigator)

(802) 538-9703
• Annaesaldivar@epi.org

Erin Herriges, BS (PrEP/PEP Navigator)

(802) 361-9242
• Erin.herriges@epi.org
