

## What are STIs?

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Sexually transmitted infections (STIs), sometimes called STDs, are infections that spread through sex. Some STIs, like HIV, can also spread through needles or piercing and tattooing equipment. STIs can also spread through pregnancy, birth, and through chest/breast milk.

STIs are SUPER common, and many people with them don't have any symptoms. Without treatment, most STIs can lead to serious health problems. But the good news is that getting tested is simple, and most STIs are easy to treat.

## Are you at risk for an STI?

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Anyone who is sexually active can get an STI through vaginal, anal, and/or oral sex.

## Get tested.

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Self-testing is available. Scan the QR code below to order a STI test for **free**.



## Contact Us

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# STIs & Your Oral Health

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# What STIs can be passed through oral sex?

You can get and pass on STIs through oral sex.

STIs that can be passed on from oral sex are:

- Syphilis
- HIV
- Chlamydia
- Gonorrhea
- Herpes
- HPV

# Does my dental health impact my chance of getting or passing on an STI through oral sex?

**Yes** - poor oral health, like bleeding gums, cavities, and other sores or open wounds in the mouth can increase a person's chance of getting an STI.

# Symptoms

It is very common for STIs to have no symptoms. You can have an oral STI and not know. If you do have symptoms they might include:

- Soreness or burning in your throat
- Swollen glands
- White spots in the mouth
- Cuts or tears in the mouth
- Blisters in the mouth
- Sores in the mouth

STI symptoms often do not appear right away and are similar to other illnesses. This is why it is so important to talk with your dental provider about any symptoms you have so they can connect you with the care you need.

## Washing

Following an oral sexual activity, rinse your mouth with water only. Brushing and flossing can cause irritation in your mouth. Bleeding gums and any small cuts in the mouth can increase the chance of getting an STI.



## Testing

**STI testing is usually quick and easy. Plus, the sooner you know you have an STI, the quicker you can get treated.**