

## Sexually Transmitted Infections (STIs)

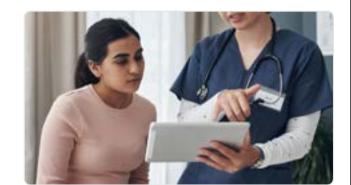


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# Getting Tested for STIs

#### **KEY POINTS**

- If you are sexually active, STI testing is one of the most important things you can do to protect your health.
- Have an open and honest conversation with your healthcare provider to learn which STI tests are right for you.



### Why get tested

STIs often have no symptoms, so you may not know you are infected. But the infection can cause serious health problems.

### Who should be tested

- All sexually active people ages 13 to 64 should be tested at least once for HIV every year.
- All sexually active women younger than 25 years should be tested for gonorrhea and chlamydia every year.
- Women 25 years and older with risk factors should be tested for gonorrhea and chlamydia every year. Risk factors include having new partners, multiple partners, or a partner who has an STI.
- Everyone who is pregnant should be tested for syphilis, HIV, hepatitis B, and hepatitis C starting early in pregnancy. Repeat testing may be needed.
- **Pregnant people at risk** should also be tested for chlamydia and gonorrhea starting early in pregnancy. Repeat testing may be needed in some cases.
- Sexually active men who are gay or bisexual and men who have sex with men should be tested:
  - For syphilis, chlamydia, and gonorrhea at least once a year. Those with multiple or anonymous partners should be tested more frequently (e.g., every 3 to 6 months).
  - For HIV at least once a year and may benefit from more frequent HIV testing (e.g., every 3 to 6 months).
  - For hepatitis C, at least once a year, if living with HIV.
- Anyone who shares injection drug equipment should get tested for HIV at least once a year.
- People who have had oral or anal sex should talk with their healthcare provider about throat and rectal testing options.

### Talk to your healthcare provider

Have an open and honest conversation with your healthcare provider about your sexual history and STI testing.

https://www.cdc.gov/sti/testing/#

If you are not comfortable talking with your regular health care provider about STIs, there are many clinics that provide confidential and free or low-cost testing. Visit the <u>Get Tested website</u> to find fast, free or low-cost, and confidential testing near you.

### Resources

- Just diagnosed? Next steps after testing positive for gonorrhea or chlamydia
- Conversation tips: How to start the conversation with your healthcare provider and partner
- Find a testing center near you

SOURCES

### **CONTENT SOURCE:**

National Center for HIV, Viral Hepatitis, STD, and Tuberculosis Prevention; About Division of STD Prevention

https://www.cdc.gov/sti/testing/#