



# 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.

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 [Get Tested website](#) 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](#)