

What are **sexually transmitted infections (STIs), HIV, and Mpox?**

STIs are infections that are transmitted from one person to another through sexual contact, which is usually oral, vaginal, or anal. Some STIs may be asymptomatic, so early detection and appropriate treatment are essential to prevent complications. There are more than 20 types, and the most common are grouped as follows:

Virus

- HIV (Human Immunodeficiency Virus) *
- Genital herpes
- HPV (Human Papillomavirus)
- Hepatitis B and C **

Bacteria

- Chlamydia
- Gonorrhea
- Syphilis
- M. genitalium

Fungi

- Candidiasis

Parasites

- Trichomoniasis
- Pubic lice
- Scabies

Other

- Mpox ***

* HIV is not exclusively an STI, as it has other modes of transmission.
** Hepatitis B and C can be transmitted sexually, although this is less common.
*** Mpox is not an STI, although it may be transmitted through sexual contact, including direct skin-to-skin contact.



Access this digital version and other downloadable educational resources.

Ponce:
787-284-5884

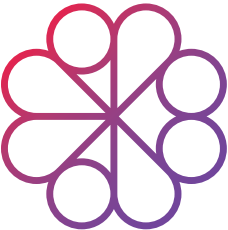
San Juan:
787-296-8888

Arecibo:
787-680-0236

@centroararat     

centroararat.org

REMINDER: This publication is for informational purposes only. It does not contain medical advice, diagnosis, or treatment.



CENTRO
ARARAT
aquí por tu salud

Sexually Transmitted Infections

How can **ITS, HIV, and Mpox** be treated?

- Bacterial STIs, such as syphilis, gonorrhea, chlamydia, and *Mycoplasma genitalium*, can be cured with antibiotics.
- Parasitic STIs, such as trichomoniasis, pubic lice, and scabies, can be cured with antiparasitic medications.
- Fungal STIs, such as candidiasis, can be cured with antifungal medications.
- Viral STIs, such as HIV, genital herpes, and HPV, have no cure but can be managed with antiviral medications. In the case of HIV, antiretroviral therapy (ART) prevents progression to AIDS and reduces transmission. For herpes, some antiviral medications can help reduce outbreaks.
- Mpox is generally treated with symptomatic care, such as pain relievers and antihistamines to relieve pain and itching. In severe cases, antiviral medications may be used. Vaccines are also available that can prevent the disease or reduce its severity.

Reference

CDC's Sexually Transmitted Infections (STI) Treatment Guidelines. (2021). Retrieved from: <https://www.cdc.gov/std/treatment-guidelines/default.htm>
<https://www.mayoclinic.org/diseases-conditions/sexually-transmitted-diseases-stds/diagnosis-treatment/drc-20351246>
Clinical Treatment of Mpox. (2025). Retrieved from: <https://www.cdc.gov/mpox/hcp/clinical-care/index.html>

Did you know...?

- STIs do not always cause symptoms, or symptoms may be very mild. However, if left untreated, they can cause serious health problems.
- STIs caused by bacteria and parasites can be cured. However, reinfection may occur if a person has sexual contact again with someone who has not received treatment.
- Effective treatment is available for STIs caused by viruses, and the risk of transmission can also be reduced.
- Herpes and HPV can be transmitted through skin-to-skin contact.
- The HPV vaccine is administered to children, women, and men between the ages of 9 and 45.
- Mpox can be transmitted up to four days before a person develops symptoms and until the rash has healed and a new layer of skin has formed. This usually occurs within two to four weeks.

How can we **prevent them**?

- Use condoms correctly and consistently during all sexual activity (vaginal, anal, and oral) to reduce the risk of transmission.
- If a person is allergic to latex, they may use polyurethane or latex-free condoms, which are also recommended to help prevent STIs and HIV during sexual activity.
- PrEP is a treatment that reduces the risk of acquiring HIV, while PEP is medication used after a possible exposure.
- Doxycycline is an antibiotic that works against several bacteria that cause STIs, such as syphilis, gonorrhea, and chlamydia, when taken after sexual activity.
- Get vaccinated against diseases such as HPV, hepatitis B, and mpox, particularly if you are at higher risk of exposure.
- Many STIs, including HIV, can be detected through rapid blood or urine tests.