

MARYLAND STD CLINICS

Allegany County:	301-759-5082
Anne Arundel County:	410-222-7382
Baltimore City:	
Druid Health Clinic:	410-396-0176
Eastern Health Clinic:	410-396-9410
Baltimore County:	410-887-3740
Calvert County:	410-535-5400
Caroline County:	410-479-8000
Carroll County:	410-876-4770
Cecil County:	410-996-5100
Charles County:	301-609-6900
Dorchester County:	410-228-3223
Frederick County:	301-600-1733
Garrett County:	301-334-7770
Harford County:	410-612-1779
Howard County:	410-313-6110
Kent County:	410-778-1350
Montgomery County:	240-777-1760
Prince George's County:	301-583-3150
Queen Anne's County:	410-758-0720
St. Mary's County:	301-475-4330
Somerset County:	443-523-1740
Talbot County:	410-819-5600
Washington County:	240-313-3210
Wicomico County:	410-543-6943
Worcester County:	410-632-1100

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Find a STD or HIV Testing Site Near You:

www.hivtest.org

Find a Hepatitis Testing or Vaccination Site Near You:

<http://edcp.org/hepc/providers.cfm>

Centers for Disease Control & Prevention

1-800-CDC-INFO (1-800-232-4636)

1-888-232-6348 - TTY Service

In English, En Español

24 hours a day, 7 days a week

www.cdc.gov/std

PROTECT YOURSELF

- Have sex with only one person who only has sex with you.
- Use a condom each time you have sex.
- Get checked for STDs regularly by your doctor if you or your sex partner have more than one sex partner.
- If you think you are pregnant, get tested for common STDs.
- Tell your partner(s) when you have a STD. Do not have sex until you and your partners are cured.
- Know the signs and symptoms of common STDs. A genital discharge (drip), blister, sore or rash may indicate the presence of a STD.
- Do not have sex if you or your partner has STD signs or symptoms.
- Come to a STD clinic or see a doctor right away if you or your partner has STD signs or symptoms.

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www.edcp.org/html/stds.cfm



State of Maryland



Sexually Transmitted Diseases

KNOW THESE FACTS

There are more than 20 diseases that can be passed through intimate sexual contact with an infected person. This chart lists the most common sexually transmitted diseases (STDs). Some STDs are easily treated, while others are not. All can be prevented.

- STD viruses and bacteria can be passed from a pregnant woman to her unborn child.
- You can have a STD and spread it without showing any signs or symptoms.
- You can get STDs again and again.
- You cannot tell if a person has a STD by just looking at him or her.
- Only a doctor can treat a STD. Follow their directions to make sure you are cured.
- Birth control pills do not protect against STDs.
- STDs are extremely unlikely to spread from toilet seats, towels, or drinking glasses.
- Germs that cause STDs can also infect the mouth and rectum.

DISEASE	SYMPTOMS APPEAR	SYMPTOMS	COMPLICATIONS	CONTROL AND PREVENTION FACTS
HIV/AIDS Cause: HIV (human immunodeficiency virus)	Several months to several years	<u>No</u> symptoms early in infection; persistent cough, unexplained weight loss, night sweats, persistent diarrhea, thrush, bluish purple spot on skin, etc.	A weakened immune system that can result in infections like tuberculosis and PCP (<i>Pneumocystis carinii</i> pneumonia); eventually, death. No cure - once you begin treatment, you may need to continue it for the rest of your life. Anti-HIV drugs may have negative side effects, some of which are serious. Newborn: Can be infected by HIV positive mother and become seriously ill; eventually death.	<ul style="list-style-type: none"> • Correct and consistent condom use can reduce risk of infection. • Do <u>not</u> share needles used to inject drugs, steroids, vitamins, or for tattooing or body piercing. • Tell your sex and needle partner(s) to see a doctor. • Treatment lowers viral load and helps delay serious complications. • Get tested and know your HIV status.
Gonorrhea (Clap, drip, GC) Cause: <i>Neisseria gonorrhoeae</i>	2-10 days	Women: Usually <u>no</u> symptoms; abnormal discharge from vagina, abnormal menstrual period or lower abdominal pain. Men: Discharge of pus from penis and burning on urination; may have <u>no</u> symptoms. Can infect throat & rectum and show no symptoms.	Pelvic Inflammatory Disease (PID), sterility. Rarely causes infection in blood, heart, joints or brain. Newborn: Eye infection, possible blindness.	<ul style="list-style-type: none"> • If infected, notify recent sex partner(s) to see a doctor. • Do <u>not</u> have sex until you and your partner(s) are cured. • Correct and consistent condom use can reduce risk of infection.
Syphilis (pox, bad blood) Cause: <i>Treponema pallidum</i>	10-90 days (usually 21)	Sore(s) on genitals, anus or mouth; body rash, rash on hands and feet; symptoms may come and go for up to two years; may have no symptoms.	Infection of central nervous system; brain damage, insanity, paralysis, possible death. Newborn: Untreated mothers can pass infection to unborn babies, causing severe birth defects.	<ul style="list-style-type: none"> • If infected, notify recent sex partner(s) to see a doctor. • Do <u>not</u> have sex until you and your partner(s) are cured. • Correct and consistent condom use can reduce risk of infection.
Chlamydia Cause: <i>Chlamydia trachomatis</i>	7-21 days (can be longer)	Women: Mild symptoms or <u>no</u> symptoms; discharge from vagina; burning on urination; lower abdominal pain. Men: Discharge from penis; pain on urination; frequently <u>no</u> symptoms.	Infection in other reproductive organs. Pelvic Inflammatory Disease (PID), sterility. Newborn: Pneumonia or eye infection.	<ul style="list-style-type: none"> • If infected, notify recent sex partner(s) to see a doctor. • Do <u>not</u> have sex until you and your partner(s) are cured. • Correct and consistent condom use can reduce risk of infection. • Regular screening recommended for sexually active women age ≤ 25, older women with new or multiple sex partners, and pregnant women.
Genital HPV (genital warts, condyloma) Cause: Human papillomavirus (many types)	1-20 months	Warts on genital, anus or throat; local irritation and itching; some types of HPV do not cause visible symptoms, such as warts.	Very contagious, may block vaginal, rectal or throat openings. Some types cause cancer. Newborn: Can be infected during vaginal delivery.	<ul style="list-style-type: none"> • Females can get vaccinated against the major types of HPV. • Have routine examinations and Pap smears. • If infected, notify recent sex partner(s) to see a doctor. • Correct and consistent condom use can reduce risk of infection.
Genital Herpes (herpes, cold sores, fever blisters) Cause: Herpes simplex virus	2-20 days (can be longer)	Can have mild or <u>no</u> symptoms; painful blisters in genital area or other area of contact (blisters can reoccur); painful urination; swollen glands in groin; fever.	Infection of eyes or brain. Newborn: Death or severe damage may occur if infected during vaginal delivery. Delivery by C-section may protect baby.	<ul style="list-style-type: none"> • Can be transmitted even if no sores are present. • No cure, but treatment can shorten and prevent outbreaks. • Do <u>not</u> have sex while symptoms are present. • Correct and consistent condom use can reduce risk of infection.
Vaginitis (Trick) Cause: <i>Trichomonas vaginalis</i> , Bacterial vaginosis (BV), or Candidiasis (yeast)	Variable	Excessive, discolored or foul smelling discharge; may have no symptoms.	Usually none. Pregnancy: Trichomoniasis and bacterial vaginosis have been associated with low birth weight babies, prematurity and premature rupture of membranes.	<ul style="list-style-type: none"> • If infected, notify recent sex partner(s) to see a doctor. • Do <u>not</u> have sex until you and your partner(s) are cured. • Correct and consistent condom use can reduce risk of infection.
Non-Gonococcal Urethritis (NGU) Cause: Chlamydia and other types of bacteria	7-21 days	Discomfort or pain on urination; discharge from penis, sometimes noticed only in the morning.	Infection in other reproductive organs.	<ul style="list-style-type: none"> • If infected, notify recent sex partner(s) to see a doctor. • Do <u>not</u> have sex until you and your partner(s) are cured. • Correct and consistent condom use can reduce risk of infection.
Pubic Lice (Crabs) Cause: <i>Phthirus pubis</i> Scabies Cause: Scabies mite	1-2 weeks 2-6 weeks (1-4 days if re-exposed)	Intense itching; pinhead size blood spots on underwear; eggs and lice in pubic hair. Intense itching, especially at night; raised lines on skin where mites burrow: hands, genitals, breast, stomach or buttocks.	Rare, but secondary infection can result from scratching.	<ul style="list-style-type: none"> • Follow treatment instructions carefully to get rid of lice and nits. • If infested, notify recent sex partner(s) to see a doctor. • Wash or dry clean any clothing you've worn in last 48 hours; wash bed linens. • Vacuum mattress, sofa, chairs and rugs.
Hepatitis B (Hep B) Cause: Hepatitis B virus	60-150 days (usually 90)	Often <u>no</u> symptoms. Jaundice: Yellow tint in the skin and whites of the eyes; light-colored bowel movements or dark-colored urine. Flu-like illness: Fatigue, nausea and vomiting, fever, headache, and achiness. Itchy skin rash.	Lifelong chronic infection occurs in 6-10% of infected adults and increases the risk for serious liver disease, including liver cancer. Newborn: Chronic infection develops in up to 90% of infants infected during delivery, and as many as 25% will die prematurely from Hepatitis B related liver disease.	<ul style="list-style-type: none"> • Hepatitis B vaccine can prevent infection in susceptible persons. • Can be transmitted by sharing razors, toothbrushes, injection drug paraphernalia, through sexual contact, and from mother to child during childbirth. • Getting tested is the only way to know if you have Hepatitis B. • If you are infected, talk to your doctor about ways to protect your loved ones from infection.