

Remind me, what's an STI?

And why are they relevant to me?

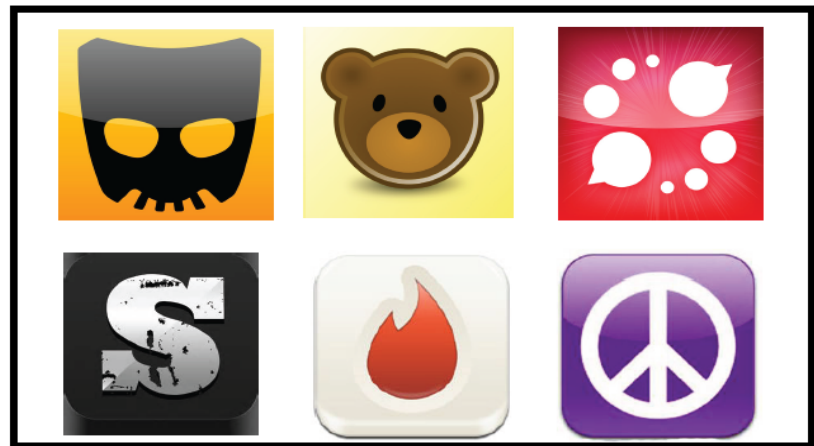
- ▶ Sexually transmitted infections (STIs) are often caused by bacteria or viruses and are typically (though not always) passed from one person to another during **sexual contact**.
- ▶ STIs can be transmitted through kissing, external genitalia contact, vaginal, anal, and oral sex, exposure to blood, and shared contact with sex toys, etc.
- ▶ All STIs can be **treated** and some can be **cured**.
- ▶ STIs are **very common** — more than half of us will get one at some time in our lives.
- ▶ Because many college students explore sexually and romantically during college, **college students are at higher risk for STIs**.
- ▶ STIs can be prevented. **Practicing safer sex** reduces your risk of getting an STI.
- ▶ If you believe you're at risk of infection, **getting tested** (whether or not you have symptoms) allows you to get any treatments you may need.

How can I avoid STIs?

It's hard to avoid STIs completely, but you can reduce your risk by following these tips.

- ▶ **Be Sex Smart:** You usually cannot “tell by looking” if someone is infected with an STI. Symptoms may not be present.
- ▶ **Use Protection:** Unprotected oral, anal, and vaginal sex can spread STIs. Safer sex products (condoms, lubes, etc.) and contraception are available in the Cornell Health pharmacy.
- ▶ **Get Tested:** STIs can cause infertility and other long-term health problems if not diagnosed and treated early.

If you're connecting **HERE...**



Connect to testing **HERE**
health.cornell.edu
for **Peace of Mind**

Should I get tested for STIs?

It depends; a free visit with a [Sexual Health Nurse](#) at Cornell Health can help you decide. If you decide to get tested and...

... you don't have symptoms.

- ▶ Make an appointment with a Cornell Health Sexual Health Nurse online via your myCornellHealth patient portal at health.cornell.edu or by phone (607-255-5155).

... you do have symptoms.

- ▶ Make an appointment with a Cornell Health clinician as soon as possible online or over the phone.

Symptoms of STIs include: Discomfort (with or without sexual activity), increased pain or urgency with urination, a change in your genitals (color, odor, bumps, lesions, itching, or burning), and irregular discharge from your genitals. STIs can be present without symptoms.

How much does testing cost?

▶ At Cornell Health:

For students on a student health plan (SHP or SHP-M) *and* students who pay the Student Health Fee...

- ▶ There is **NO CHARGE** for on-site STI testing.
- ▶ If treatment is prescribed, any additional appointment(s) will be a \$10 copay for students on SHP and students who pay the health fee (no copay for students on SHP-M). Prescription medications may be an additional cost.

▶ Off campus:

- ▶ Charges may vary. Check with your provider and with your insurance plan.





Sexual Health & STIs

Viruses, Bacteria & Warts (Oh My!)

health.cornell.edu

What actually happens during an STI test?

- ▶ Depending on your sex, gender, symptoms, and sexual history, a provider may:
 - ▶ Ask detailed questions about your sexual activity.
 - ▶ Answer any questions you have.
 - ▶ Conduct a physical assessment/examination.
 - ▶ Collect a sample by swabbing your throat, penis, vagina, or anus, or provide you with instructions to take a sample.
 - ▶ Send you to the lab for a blood sample.
- ▶ There isn't "one test for everything," but our health care providers can help you know what you need.
 - ▶ STIs can be bacterial, viral, fungal, etc., and there is no single all-inclusive test. When you get tested, you may require several different tests, all in the pursuit of giving you the most accurate information about your health.



Will my parents find out I got tested at Cornell Health?

Unless you ask us to tell them (and fill out a release of information), **NO!**

- ▶ **Your care at Cornell Health is confidential.**
- ▶ Because there is **no charge for STI screening**^{*}, it will not show up on any bill. Any charges that may apply for STI *treatment* would appear on your Bursar bill as "Cornell Health Services."
- ▶ **Health records** are maintained through a secure electronic health records (EHR) system and are completely separate from all other university records. Your privacy of this information is protected by law.
- ▶ If you have any concerns about the **confidentiality** of your health care, please speak with your health care provider or with Cornell Health's Privacy Officer (607-255-7896).

**For students on a student health plan (SHP or SHP-M) and students who pay the Student Health Fee*

Where can I get tested?

Cornell Health

- ▶ Consultation with our Sexual Health Nurses can help you explore options for safer sex and consider whether STI screening may be helpful for you and your partner(s).



Off Campus

- ▶ The Tompkins County Health Department makes free STI testing available to its residents. They contract with the local Planned Parenthood (607-273-1513) to provide this service for residents of Tompkins County.
- ▶ You may also contact your own primary health care provider for assistance.

Visit the Fact Sheet Library at health.cornell.edu to learn more about sexual health care, including:

- ▶ Routine [sexual health checkups](#) (e.g. Well Woman gynecological visits).
- ▶ [Safer sex information](#) and pharmacy [supplies](#).
- ▶ [Contraception](#) and emergency contraception (EC).
- ▶ Long-term, reversible [birth control placement/removal](#) (IUD & Nexplanon).
- ▶ [HIV](#) prevention, testing, management, and support.
- ▶ [Pregnancy](#) testing, options counseling, support, and referral.
- ▶ [Transgender services](#), including cross-sex hormones.
- ▶ Assistance to [victims of sexual violence](#).
- ▶ [Colposcopy](#) as a follow-up for abnormal Pap smear results.
- ▶ [Counseling, support, and referral](#) for issues and concerns related to sexual & gender identity, intimacy, sexual functioning, and sexual trauma.

