

Remind me, what's an STI?

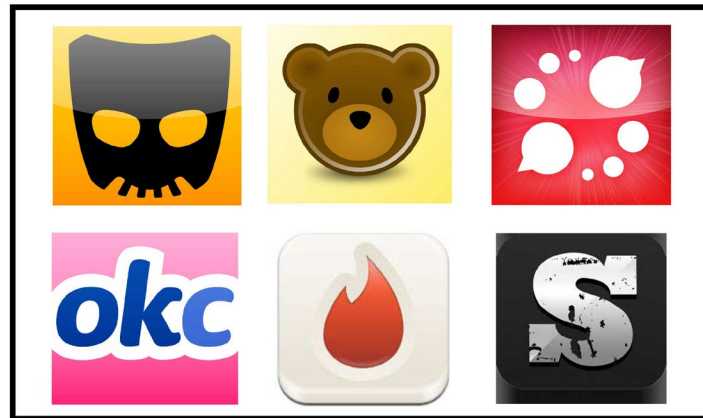
And why are they relevant to me?

- ▶ 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. Many STIs are asymptomatic.
- ▶ **Use Barrier Protection:** Unprotected oral, anal, and vaginal sex can spread STIs. Safer sex products (internal and external condoms, lube, etc.) are available in the Cornell Health pharmacy.
- ▶ **Get Tested Regularly:** STIs can cause infertility and other long-term health problems if not diagnosed and treated early.



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

When should I get tested for STIs?

If you're not experiencing symptoms...

- ▶ **It depends:** Often once a year, but per CDC guidelines *
- ▶ Make an appointment with a **sexual health nurse** online via the myCornellHealth patient portal at *health.cornell.edu* or by phone (607-255-5155).

If you are experiencing symptoms...

- ▶ **As soon as possible**
- ▶ Make an appointment with a **medical clinician** online via the myCornellHealth patient portal at *health.cornell.edu* or by phone (607-255-5155).

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. However, STIs are often present without symptoms.

*CDC testing guidelines: [cdc.gov/std/prevention/screeningreccs](https://www.cdc.gov/std/prevention/screeningreccs)

How much does testing cost?

▶ At Cornell Health:

Students on a student health plan (SHP or SHP+) *OR* who are covered by private insurance and pay the Student Health Fee...

- ▶ Pay **NO CHARGE** for STI testing done at Cornell Health.
- ▶ If treatment is prescribed, any additional appointment(s) will be a \$10 copay for students on SHP and for students who are covered by private insurance and pay the health fee (no copay for students on SHP+). 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/guardians 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+) or students who are covered by private insurance and 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. GYN 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 gender-affirming 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.

