



# Sexual Health Resources

*for international students at Cornell*

***We are here to support your sexual health  
& well-being whenever you need us ...***

International Cornellians have much to do in the first weeks of school. And while your sexual health may not be a priority right now, at some point you may have questions or concerns. Cornell Health is here to help support your physical and emotional wellbeing—including your sexual health—whenever you need us.

*Note: STI testing, recommended immunizations, and preventive care visits are covered (with no charge) by Cornell's Student Health Plan (SHP).*

## **Your sexual health To-Do List may include:**

- **Starting or completing your HPV vaccination:** Recommended for all students age 26 and younger, the vaccine helps prevent genital warts and HPV-related cancers in men and women.  
*Log into mycornellhealth to make an “immunization” appointment for HPV vaccination.*
- **Meeting with a sexual health nurse:** These specially-trained nurses can talk privately with you about questions or concerns you might have. They can share advice about protecting yourself from sexually transmitted infections (STIs) and, if pregnancy is a concern, discuss options for birth control. If you have not had an opportunity to discuss sexual health before, this may be a terrific introduction to the information and resources you need to stay healthy.  
*Log into mycornellhealth to make an appointment for free “STI screening” or “birth control options” consultation with a sexual health nurse.*
- **Getting safer sex supplies:** Our pharmacy sells condoms, lubricants, emergency contraception, and other sexual health supplies. Free condoms are available in our lobbies. Even if you are not

sexually active now, you (or a friend) may need supplies later. *Read more about our pharmacy at [health.cornell.edu/pharmacy](http://health.cornell.edu/pharmacy).*

- **Meeting your birth control needs:** Cornell Health clinicians can prescribe many forms of birth control methods. You can also ask to have Nexplanon or an IUD placed to protect you from unintended pregnancy. *Log into [mycornellhealth](http://mycornellhealth) to make an appointment for a “contraception visit.”*
- **Getting a Pap smear:** This test to detect early signs of cervical cancer is done every 3 years in the U.S., beginning when a woman turns age 21. *Log into [mycornellhealth](http://mycornellhealth) to make an appointment for a “well woman visit,” which can include a Pap smear.*
- **Talking with us about any concerns you have related to sex:** This may include pain, anxiety, unwanted sexual contact, questions about how things are “supposed to” work, lack of sexual pleasure, advice about how to talk with a sexual partner about health risks, etc. *Our sexual health nurses can make referrals to other staff for help, depending on your concern.*
- **Obtaining help for a medical problem related to sexual health:** Infections—including sexually transmitted infections (“STIs”)—pains or problems with your reproductive system, and other medical concerns can be diagnosed and treated by our medical staff. *Log into [mycornellhealth](http://mycornellhealth) to make a medical appointment. Select “illness or problem,” and then the reason.*
- **Managing a pregnancy:** You can talk with our staff about planning or preventing a pregnancy. Or, if you are already pregnant, you can talk with us about what you’d like to do next (e.g., continue it or terminate the pregnancy). Our staff can offer information and connection to resources. *Log into [mycornellhealth](http://mycornellhealth) to make a medical appointment. Select “not an illness or problem” and then select the appropriate option.*
- **Accessing information & services related to sexual or gender identity:** Whether you are still exploring or are well-established in your sexual attractions, sexual identity, and/or gender identity, we are here to support you. We offer comprehensive, LGBTQIA-friendly sexual health care, as well as Gender Services to provide care for transgender students. *Search “LGBT” at [health.cornell.edu](http://health.cornell.edu) to learn more.*

**health.cornell.edu**