

Live Well to
Learn Well

Web:
health.cornell.edu

Phone (24/7):
607-255-5155

Fax:
607-255-0269

Appointments:
Monday–Saturday

*Check web for hours,
services, providers,
and appointment
information*

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Being healthy requires tending to every dimension of your physical and emotional well-being. This fact sheet highlights general strategies you can use in order to boost an important component of your well-being: your sexual health.

Stay safe

You've heard it before but, when used consistently during oral, anal, or vaginal sex, condoms and other barrier methods of protection significantly reduce the risk of contracting HIV, gonorrhea, syphilis, and chlamydia. They are also helpful in protecting against herpes and Human Papilloma Virus (HPV)—the virus that causes genital warts and some cervical and anal cancers. However, because such viruses can be transmitted by skin-to-skin contact, additional prevention strategies are often needed. Cornell Health provides detailed information—online and in print—about the more common sexually transmitted infections (STIs).

Talk with sexual partners about their health and yours so you can make informed decisions about protection. You can also schedule an appointment with us to get screened for STIs, learn more about reducing risks, and increasing the pleasure of sexual activity.

Party & play smart

For some people, alcohol and other recreational drugs may make a night out seem more enjoyable; however, because they reduce inhibitions, they may also significantly increase sexual risk-taking behaviors. If you decide to drink or use, stick to an amount you can safely handle. If this is difficult, consider meeting with one of Cornell Health's BASICS providers, who talk with students about their alcohol and other drug use in a judgment-free environment.

Bottom line: if you're planning to drink or use other drugs, be sure to bring protection, and commit to using it.

Meeting sexual partners through parties, clubs, bars, the internet, and other casual encounters is fairly common in today's mobile world.

Anonymous or casual hook-ups can be particularly troublesome because and people who have sex anonymously are difficult (or impossible) to notify if they are exposed to an STI.

If you engage in internet or app-facilitated hook-ups, (e.g., Tinder, Growler) consider the following strategies to reduce potential health risks:

- If posting ads on Craigslist or using app hook-up sites, consider adding something about "only interested in safe play" (or something of that nature).



STI testing recommendations for individuals depends upon risk.

- Insist on using condoms/dams with any anonymous or casual partners. Make condom use erotic and fun, get some flavored lube or use non-oil based body lotions.
- Examine yourself regularly for any symptoms such as rashes, blisters or bumps. Consider getting HIV or other STI tests regularly if you engage in anonymous or casual hook-ups. Early treatment and intervention are key.

Get tested

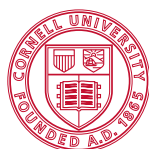
Schedule regular medical check-ups and testing for STIs whenever there's a chance you may have been exposed. Many infections can be easily cured. Others can be treated much more effectively if caught early.

Your health care provider will review your personal risk factors and recommend tests appropriate for you based on testing suggested by the U.S. Centers for Disease Control and Prevention (CDC). Recommended testing for individuals depends upon risk. For example, (based mainly on national prevalence data) the CDC recommends the following for men who have sex with men (MSM):

- *yearly testing* for MSM in mutually-monogamous relationships
- *testing every 3–6 months* for MSM with multiple partners, even with no symptoms

Recommended tests for MSM include:

- HIV antibody/antigen testing
- Gonorrhea and chlamydia testing at the sites of contact
- Syphilis (blood test)
- Anal pap smears: there is currently no standard recommendation for anal pap smears, which test for precancerous changes due to HPV, but



many experts and LGBT health centers recommend such testing for MSM every 2-3 years.

Recommended tests for other individuals varies greatly depending on risk. Again, your health care provider will work with you to determine what testing is most appropriate for you.

STI testing at Cornell Health:

Appointments for STI testing can be made at myCornellHealth or by calling 607-255-5155 during business hours.

Testing without symptoms: Consultations with a clinician are available to help you learn more and/or get tested.

If you have symptoms: It's important to be evaluated by a clinician, as treatment may be necessary.

Note: If you are experiencing physical or emotional distress at the time you make your appointment, be sure to let our staff know so that they can schedule you ASAP.

Recommended STI testing is available at no cost to those covered by the Cornell Student Health Plan (SHP) or the student health fee; non-students should consult their health insurance provider about coverage for testing. Learn more about STI testing online at health.cornell.edu [search "STI testing".]

Get vaccinated

Any student can request vaccination at Cornell Health, regardless of insurance. Cornell's Student Health Plan covers certain vaccines when recommended. For example, Gardasil is covered by SHP for those who wish it, and the CDC recommends that men who have sex with men get vaccinated for Hepatitis A, Hepatitis B, HPV, and meningitis. These vaccines are highly effective. You can make an immunization appointment online at myCornellHealth, or by calling 607-255-5155.

Be aware

Sadly, sexual assaults happen to individuals of all sexual identities and gender expression, and anyone may become the victim of intimate partner violence. If you or someone you know is assaulted, seek medical attention and consider talking with a Victim Advocate about your options for support (see contact information, at right).

We're here for you

Learn more about Cornell Health's services and values by visiting health.cornell.edu. There, you can read about our comprehensive sexual health services, our commitment to integrated care, and our focus on patient/client satisfaction (e.g., our patient advocacy program and 24/7 phone consultation service).

Although this fact sheet addresses sexual health, we have a variety of services and information to support other dimensions

of your well-being. Please talk with us about how we can best support you in reaching your personal health goal(s).

Cornell Health strives to create a supportive environment in which everyone feels welcome and is provided with the best possible care. If you have comments, suggestions, or concerns to improve our service and/or make you more comfortable, please contact a Patient Advocate at 607-255-3564.

Know your health resources

PHONE

Cornell Health	
• 24/7 Phone Consultation	607-255-5155
• BASICS (education/support RE: alcohol or other drug use)	607-255-5155
• Immunizations	607-255-5155
• General medical or counseling	607-255-5155
• Patient Advocate	607-255-3564
• Pharmacy (safer sex products, STI medications)	607-254-6337 (4-MEDS)
• Victim Advocate	607-255-1212
National STD and AIDS Hotline:	
• English	800-232-4636 (press 1)
• Spanish	800-232-4636 (press 2)
National Herpes Hotline	919-361-8488
National HPV Prevention Hotline	877-HPV-5868
STAP (Southern Tier AIDS Program)	607-272-4098
Planned Parenthood of the Southern Fingerlakes	607-273-1513

WEB

Cornell Health	health.cornell.edu
• Review the Resources Section (Health Topics)	
• Link to the Sexually Transmitted Infections (STIs) fact sheet: health.cornell.edu [search "fact sheet library"]	
myCornellHealth (to make appointments online, get billing statements, connect to a provider, etc.)	myCornellHealth.health.cornell.edu
American Social Health Association (ASHA)	ashastd.org
Centers for Disease Control and Prevention (CDC)	cdc.gov
• link to the CDC fact sheet regarding syphilis and MSM: cdc.gov [Search "MSM & Syphilis"]	
Out for Health	outforhealth.org
Planned Parenthood of America	plannedparenthood.org
Tompkins County Peace of Mind website	tc-std.org