Many STDs are preventable and treatable. SFDPH recommends:

- People who are HIV-positive using treatment that prevents the spread, and people who are HIV-negative using PrEP (pre-exposure prophylaxis) to resist infection.

April is STD Awareness Month – Take Charge of Your Sexual Health

STD testing is increasingly crucial because STD rates continue to rise, both in SF and statewide since 2013. Rates of chlamydia and gonorrhea continue to grow, and syphilis has re-emerged as a significant public health concern. In CA, 283 infants were born with syphilis in 2017. In SF, between 2017 and 2018, the number of women with early syphilis increased 144% to 71. Chlamydia is the most common reportable disease; left untreated, it can cause infertility. In SF, between 2013 and 2017, reports of chlamydia cases rose 79% from 5,085 to 9,094, many in young women.

However, we do have some good news. Fewer people were diagnosed with HIV in SF in 2017 than at any previous time since the disease was identified. That progress is thanks to people who are HIV-positive using treatment that prevents the spread, and people who are HIV-negative using PrEP (pre-exposure prophylaxis) to resist infection.

Many STDs are preventable and treatable. SFDPH recommends:

- For those that can use them, condoms used correctly and consistently are a great way to prevent STDs, HIV, and pregnancy.
- Regular testing:
  - Sexually active women under 26 years old should be screened for gonorrhea and chlamydia annually. Gay men and other men who have sex with men, trans women and trans men who have sex with men should be screened for gonorrhea, chlamydia and syphilis every three months.
- Testing reminders are available here: [https://www.bedsider.org/reminders](https://www.bedsider.org/reminders)
- Vaccinations to prevent Hepatitis A, Hepatitis B and Human Papillomavirus (HPV), all of which can be transmitted through sex.
- Open and honest conversations about sexual health with partners: [https://www.thestdproject.com/how-to-tell-someone-you-have-an-std/](https://www.thestdproject.com/how-to-tell-someone-you-have-an-std/)
- Informing sex partners if they were exposed to an STD: [https://www.tellyourpartner.org/](https://www.tellyourpartner.org/)

For more information about STDs in California, visit [https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/STD.aspx](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/STD.aspx)