

How Can I Prevent an STI?

✦ **Abstinence & Monogamy**

The most reliable way to prevent an STI is abstinence or not having sex. You can also lower your risk of contracting an STI by limiting your sexual partners or agreeing to a monogamous relationship. Monogamy refers to having a relationship with one person at a time.

✦ **Vaccination**

Vaccinations are a safe and effective way to help prevent STIs. Currently, there are vaccinations available for HPV and hepatitis B. HPV vaccinations are available to those between the ages of 9 to 45. However, it is recommended everyone be vaccinated around the ages of 11 or 12.

✦ **Condoms & Dental Dams**

Condoms, both male and female, are used to cover the sex organ to prevent direct skin-to-skin contact. Dental Dams are thin sheets that can be placed on the skin to provide a barrier for oral or skin-to-skin contact. Both effectively help with preventing STIs.

Birth control pills, IUDs, Depo-Shots, hormone patches, Nexplanon implants, diaphragms, and other forms of birth control do not provide effective protection against STIs.