

COMMUNITY NEWSLETTER!



IN THIS ISSUE:

SEXUALLY TRANSMITTED DISEASES (STDs) & PREGNANCY

This month is National Sexually Transmitted Disease (STD) Awareness Month. Each year we observe this holiday to raise awareness about STDs and the importance of STD testing and treatment.

STDs are infections that are spread from one person to another, usually during vaginal, anal, and oral sex. The three most common STDs are the human papillomavirus (HPV), chlamydia, and gonorrhea. However, there are more than 20 types of STDs.

In the U.S., 20 million STD cases are diagnosed each year. Sadly, STDs are all too common. This is because many people do not know they have an STD because many don't have symptoms. But if left untreated, STDs can cause serious health problems.

This is especially true for pregnant women. Women who are pregnant can become infected with the same STDs as women who are not pregnant. If a woman has an STD during pregnancy, her baby is at higher risk for birth defects or being born too small or too soon. Some STIs, such as syphilis, HIV, chlamydia, and genital herpes, can even be transferred to the baby.

STDs can also affect a woman's ability to become pregnant. Consequently, it is recommended that ALL women are regularly tested for STDs even if they have been tested in the past. Testing and treating pregnant women for STDs is an important way to prevent serious health issues for both mother and baby. So, be sure to ask your doctor about getting tested for STDs, practice safe sex, and know the facts.

Turn to **Page 3** for **Prepare Before You're There: 3 Tips on How to Reduce Your Risk of STDs.**

What to Know About
STDs & Pregnancy

QUIZ:
Do You Know Your STDs?
Mix & Match

Prepare Before You're There:
3 Tips on How to Reduce
Your Risk of STDs

QUIZ: Do You Know Your STDs?

STDs are often highly contagious and may cause serious health problems if not treated properly or early, so it is important to know the facts. From herpes to HPV, test your knowledge on the 6 most common STDs with this mix & match quiz. Match the STD to the correct clues!



WORD BANK:

- | | | | |
|--------------|-------|---------------------------------------|-------|
| 1) Chlamydia | _____ | 4) Human Papillomavirus (HPV) | _____ |
| 2) Syphilis | _____ | 5) Human Immunodeficiency Virus (HIV) | _____ |
| 3) Herpes | _____ | 6) Gonorrhea | _____ |

CLUES:

(A) This STD has been known to cause genital warts and cervical cancer. Public awareness surrounding this STD has increased in recent years because of the availability of a vaccine. This vaccine has been shown to have a 90% reduction in cervical cancer rates.

(B) This STD is one of the most contagious — and costly — STDs around. It is estimated that treatment for this STD can cost a person around \$240 to \$2,580 per year. There are two strains of this STD and it can cause sores and blisters in or on the mouth, genitals, and anus.

(C) Individuals can get this STD by having direct contact with another person who has a canker (also known as a sore). The infection often begins with a round, firm, painless sore located on the penis, vagina, anus, or mouth. But if untreated, later stages of the disease can damage the heart, blood vessels, liver, bones, joints, and skin.

People who are homeless, have a diagnosis of HIV or have a history of tobacco or drug use are at higher risk of getting this STD.

(D) This STD thrives in warm, moist areas like the urethra, eyes, throat, vagina, anus, and the female genitalia and reproductive tract. Common signs of this STD are genital discharge and a burning or painful sensation during urination. If untreated women may experience pelvic inflammatory disease (PID), which can lead to infertility and death without medical intervention.

(E) According to the CDC, nearly 37,000 Americans were diagnosed with HIV in 2019. This STD weakens the immune system and can be life-threatening if left untreated. Gay and bisexual men of all races and black women are the most impacted by this disease. It is known to cause weight loss, night sweats, fever, frequent and severe rare infections, persistent dry cough, and unusual skin rashes.

(F) This STD often has no signs or symptoms. Others, however, may experience burning during urination or abnormal vaginal or penile discharge. It is recommended that all sexually active women ages 24 and younger should be screened for this disease because it can cause infertility, ectopic pregnancy (when a fertilized egg grows outside of the uterus), and chronic pelvic pain.

Prepare Before You're There: 3 Tips on How to Reduce Your Risk of STDs



STDs are extremely harmful to the health of both mother and baby. The most important thing to know about STDs are the ways to prevent them. According to the Center of Disease Control the 4 best ways to prevent STDs are by:

- **Abstinence**, which means to completely avoid sexual contact. The most reliable way to avoid infection is to not have sex (i.e., anal, vaginal or oral).
- **Vaccination**. Vaccines are safe, effective, and recommended ways to prevent hepatitis B and HPV.
- **Mutual Monogamy**. This means that you agree to be sexually active with only one person, who has agreed to be sexually active only with you. However, it is still important to get you your partner tested and know the results

before participating in sexual contact.

- **Use Condoms**. Correct and consistent use of the male latex condom is highly effective in reducing STD transmission through sexual intercourse. So, use a condom every time you have anal, vaginal, or oral sex.

Knowing your STD status is a critical step to stopping the spread of STDs. For this reason, it is also important to know the symptoms and where to go if you think you may have an STD.

Signs & Symptoms of Common STDs:

- Painful urination
- Lower abdominal pain
- Vaginal discharge in women
- Discharge from the penis in men
- Pain during sexual intercourse in women
- Bleeding between periods in women
- Fever
- Testicular pain in men
- Genital itching
- Rash, small red bumps, blisters or open sores
- Swollen lymph nodes

Am I at Risk of STDs?:

These groups of people are at the most risk of getting an STD.

- Adolescents & Young Adults
- Females
- Men who have sex with men
- Minorities (typically those of Black or Mexican heritage)
- People who inject illegal drugs (such as methamphetamines)
- Sex workers
- Individuals with new, multiple, or many partners
- People who participate in unprotected sexual activity.
- Anyone with a prior history of STDs

Please Turn to the NEXT Page to see all the FREE and Low Cost Places to Get Tested!

Local FREE & Low Cost STD Testing Centers

Bond Community Health Center Incorporated
1720 S Gadsden St. Tallahassee, FL 32310
850-576-4073

Big Bend Cares
2201 S Monroe St. Tallahassee, FL 32301
850-656-2437

Care Point Health And Wellness Center
2200 S Monroe St. Tallahassee, FL 32301
850-354-8765

Neighborhood Medical Center (Smith-Williams Center)
2295 Pasco St. Tallahassee, FL 32310
850-224-2409

Florida Department Of Health In Leon County (Roberts And Stevens Medical Center)
1515 Old Bainbridge Rd. Tallahassee, FL 32303
850-404-6400

Southeastern Center for Infectious Diseases
2009 Miccosukee Rd. Suite A. Tallahassee, FL 32308
850-942-2299

Florida Department Of Health In Leon County
2965 Municipal Way, Tallahassee, FL 32304
850-404-6300

Planned Parenthood Of South East And North Florida Incorporated (Tallahassee Health Center)
2618 W Tennessee St. Tallahassee, FL 32304
850-574-7455

Florida Department Of Health (Division Of Disease Control And Health Protection)
4052 Bald Cypress Way, Tallahassee, FL 32399
850-245-4422

North Florida Medical Centers Incorporated (North Monroe Comprehensive Medical Care)
3721 N Monroe St. Tallahassee, FL 32303
850-562-0281

Florida Department Of Health In Wakulla County
48 Oak St. Crawfordville, FL 32327
850-926-0400



CAHSC 2022-2023 Board of Directors

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The Traveling Crib

Follow the Traveling Crib!

In 2017, we launched a safe sleep initiative for Leon and Wakulla counties, called the "Traveling Crib"! The purpose is to provide a visual of a safe sleep environment for children from birth to 12 months old. According to the American Academy of Pediatrics, babies should sleep Alone, on their Backs, and in a safe Crib.

LAST MONTH: Sunrise Place Apartments



THIS MONTH: Hickory Hill Apartments

What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education, breastfeeding education, women's health education, and care coordination.



Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.



When putting your baby to sleep: Be sure to keep loose blankets, pillows, stuffed toys, bumpers, and other soft items out of the sleep space.

Your baby could roll into any of these items, which could block their airflow. These objects can increase your baby's risk of entrapment, suffocation or strangulation.

