

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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14853-3101

A **sexually transmitted infection (STI)** is an infection spread through sexual contact, including skin-to-skin contact. Consider these tips to help protect you and sexual partners from STIs and associated risks.

Use protection

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 also help protect against herpes and Human Papilloma Virus (HPV), the virus that causes genital warts and some cervical, anal, and throat cancers. But 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 Cornell Health to get screened for STIs and learn more about reducing risks and increasing the pleasure of sexual activity.

Party & hookup safety

Alcohol and other recreational drugs can lower inhibitions, and may lead to sexual behaviors that pose a risk to you or your sexual partner's health. If you drink or use drugs, be sure to consider protection ahead of time, and commit to using it during sexual encounters.

Remember that casual hook-ups and anonymous sex can facilitate transmission of STIs because anonymous sex partners can be difficult (or impossible) to notify if they have been exposed.

If you engage in casual or anonymous sex, consider the following strategies to reduce potential health risks:

- Commit to using condoms/dams with any anonymous or casual partners. Try using flavored lube or non-oil based body lotions.
- If you engage in online or app-facilitated hookups, consider adding “only interested in safe play” (or something comparable) to online profiles.
- Examine yourself regularly for any symptoms such as rashes, blisters, or bumps. Consider getting HIV and other STI tests regularly if you engage in anonymous or casual hook-ups.



Prioritize your sexual health by reducing risks of STIs.

STI screening / testing

Schedule regular medical check-ups and screening 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.

Testing based on your personal risk: Your health care provider will review your personal risk factors and recommend screening that is appropriate for you based on your personal risk and on testing suggested by the U.S. Centers for Disease Control and Prevention (CDC).

Testing for MSM: Men who have sex with men (MSM*) are at higher risk of contracting STIs than many other populations, based on national prevalence data. The CDC recommends the following testing frequency for MSM, regardless of condom use:

- 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)

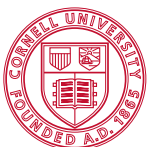
Services at Cornell Health

STI screening / testing appointments can be made by logging in to myCornellHealth from any page of health.cornell.edu, or by calling 607-255-5155.

Screening without symptoms: Consult with a clinician or sexual health nurse to learn more about your risks and get recommended testing. There is no cost for asymptomatic STI screening.

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

* The CDC uses “men who have sex with men” (MSM) to refer to cisgender men. However, the information the CDC shares for MSM may be relevant to individuals of any sex/gender engaging in penetrative anal sex.



be necessary. Appointments for symptomatic testing have a \$10 visit charge.

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

Learn more about STI testing: Visit health.cornell.edu and search “STI testing.”

Vaccination

Your Cornell Health clinician can recommend vaccinations based on risk factors (for example, the CDC recommends that MSM get vaccinated for Hepatitis A, Hepatitis B, HPV, and meningitis).

Cornell’s Student Health Plan covers certain vaccines when recommended, including Gardasil (HPV vaccination). If you have other insurance, check your plan information for coverage details.

You can schedule an immunization appointment online at myCornellHealth, or by calling 607-255-5155.

PrEP for HIV prevention

Using PrEP (pre-exposure prophylaxis) consistently can reduce the risk of getting HIV from sex by more than 99%, and is recommended for HIV-negative people at high risk of HIV infection from sex or injection drug use. If you are interested in exploring PrEP (or PEP / post-exposure prophylaxis) as options, schedule an appointment with a Cornell Health medical clinician. Most health insurance plans cover PrEP prescriptions with the exception of a copay, which may be covered by a copay coupon card.

We’re here for you

We are committed to providing welcoming, inclusive, and culturally sensitive care to all students who rely on our services. We aim to create an environment in which you feel empowered to discuss your needs and concerns with your health care provider so we can provide you with the best care possible.

The care you receive at Cornell Health is confidential, even if you are under the age of 18. Visit health.cornell.edu/confidentiality for more information.

Additional resources

- **Cornell Health fact sheet library** (including sexual health information): health.cornell.edu/resources/fact-sheet-library
- **Centers for Disease Control & Prevention (CDC)** STI information: cdc.gov/std
- **Tompkins County Health Department** STI information: tompskinscountyny.gov/health/std
- **Planned Parenthood** Ithaca Health Center: plannedparenthood.org
- **Southern Tier AIDS Program:** stapinc.org
- **American Sexual Health Association:** ashasexualhealth.org
- **Out for Health:** outforhealth.org
- **Trans Health:** trans-health.com
- **Sexual assault resources:** SHARE.cornell.edu
- **Victim Advocacy at Cornell:** health.cornell.edu/VA