What to Know About STIs

What are STIs?

Sexually transmitted infections (STIs) are infections passed from one person to another through sexual contact.

Why knowing your STI status matters

- STIs often don't give symptoms but can cause serious health problems.
- Anyone who is sexually active can get an STI.
- Early testing and treatment can protect your health and your partners.

How to stay safe

- Use condoms every time you have sex to prevent pregnancy and STIs. You can order free condoms by mail from the Rhode Island Department of Health or find them at community locations.
- Ask your doctor about Doxy PEP – taking the antibiotic doxycycline within 72 hours after unprotected sex to prevent STIs. You can also ask your doctor about PrEP, which is a different medication to prevent HIV.
- Get regular STI tests – especially if you have multiple partners.
- Talk openly with your partner(s) and doctor or healthcare professional about sexual health.
- Limit your number of sexual partners.
- Ask a healthcare professional if vaccination against HPV, mpox, meningitis, or Hepatitis A and Hepatitis B is right for you.
- Get treatment – most STIs can be cured or treated with medication.

Remember:

STIs are common, treatable, and preventable.

Knowing your STI status is the first step to protecting your health.

Learn more

- Find more information about STIs, locate free condoms, find health services, and explore testing options by visiting health.ri.gov/youroptions. You can also call the Rhode Island Department of Health for help locating services at 401-222-5960.
- Find information for young people about sexual and reproductive health, including finding free condoms and care in Rhode Island, on the RIghtToKnow app.

It is important to get the care you need to stay healthy. If you have legal questions related to immigrants' rights to confidentially access healthcare services, call Dorcas International at **401-784-8607**.

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