



NEWS RELEASE

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North Dakota Department of Health Encourages TALK. TEST. TREAT. During STD Awareness Month

BISMARCK, N.D. – The North Dakota Department of Health (NDDoH) encourages individuals and health care providers to talk about sexually transmitted disease (STD) prevention during April, STD Awareness Month. The Centers for Disease Control and Prevention (CDC) estimates approximately 20 million new cases of STDs occur each year in the United States, half of them among people ages 15 to 24. “Individuals and health care providers need to know that preventing STDs can be achieved with these three steps: **Talk. Test. Treat.**,” according to Sarah Weninger of the NDDoH.

Talk

- Talk openly and honestly to your partner(s) and your health care provider about sexual health and STDs
 - Talk with your partner BEFORE having sex and make sure your discussion covers several important ways to make sex safer
 - Talk about when you were last tested and suggest getting tested together
 - Agree to only have sex with each other
 - Use latex condoms the right way every time you have sex
- Talk with your health care provider about your sex life, and ask what STD tests you should be getting and how often; not all medical checkups include STD testing, so unless you discuss it during your exam, you shouldn't assume you have been tested.

Test

- Get tested. It's the only way to know for sure if you have an STD. Many STDs don't cause symptoms. If you're having sex, getting tested is one of the most important things you can do to protect your health.

Treat

- If you test positive for an STD, work with your doctor to get the correct treatment
- To make sure your treatment works:
 - Don't share your medicine with anyone
 - Avoid having sex again until you and your sex partner(s) have each completed treatment

For more information, contact Sarah Weninger, North Dakota Department of Health, at 701.328.2366. Information about STDs can be found by visiting www.ndhealth.gov/STD/default.htm or <http://www.cdc.gov/sTd/default.htm>.

Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at <https://health.nd.gov/news-media/news-releases>. Find us on Facebook at www.facebook.com/ndhealth or Twitter at <http://twitter.com/nddoh>.