

# Sexually Transmitted Infection (STI) Testing Options

## Chlamydia

### *Who Should Get Tested*

- Annual testing for sexually active men and women under 25 (more frequent testing for those at increased risk)
- All sexually active men and women at increased risk regardless of age

### *Those at increased risk:*

- New or multiple sex partners within the past year; or belief that your partner has had other sex partners within the past year
- Inconsistent use of condoms
- History of chlamydia, gonorrhea, or PID within the past 2 years
- Commercial sex workers and their contacts
- Injection drug users and their contacts
- All pregnant women
- Men who have sex with other men
- African-American women under 30
- Have a newly diagnosed STI or contact with a partner with an STI

### *Symptoms*

- Vaginal or penile discharge
- Burning with urination
- Often no symptoms

### *Testing at SDSU*

- Swab of cervix
- Urine test for males

## Gonorrhea

### *Who Should Get Tested*

- Annual testing for sexually active men and women under 25 (more frequent testing for those at increased risk)
- All sexually active men and women at increased risk regardless of age

### *Those at increased risk:*

- New or multiple sex partners within the past year; or belief that your partner has had other sex partners within the past year
- History of gonorrhea within the past 2 years
- Commercial sex workers and their contacts
- Injection drug users and their contacts
- All pregnant women
- Men who have sex with other men
- African-American women under 30
- Have a newly diagnosed STI or contact with a partner with an STI

### *Symptoms*

- Vaginal or penile discharge
- Burning with urination
- Often no symptoms

### *Testing at SDSU*

- Culture of cervix
- Culture of male urine

## Hepatitis B

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### Who Should Get Tested

- Routine screening in the general population is not recommended.
- Screening, in order to determine eligibility for vaccination, may be offered to certain patients at high risk.

#### *Those who are at increased risk:*

- Multiple sex partners
- Men who have sex with men
- Sexual contact with a Hepatitis B-infected individual
- Commercial sex workers and their contacts
- Injection drug users and their contacts
- Previous travel to or residence in countries with intermediate to high levels of Hepatitis B
- Persons working in healthcare with frequent blood exposure
- Pregnant women

### Symptoms

- Nausea
- Fever
- Turning yellow 45-180 days after exposure; may lead to liver cirrhosis (scarring) or cancer
- May have no symptoms

### Testing at SDSU

- Blood test for viral particles and antibodies
- May take > 1 month to become positive

## Herpes

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### Who Should Get Tested

- Routine screening of patients without symptoms is not recommended.
- Cultures may be performed on suggestive lesions.

#### *Blood tests to detect antibodies to herpes viruses may be performed for patients with:*

- Recurrent culture-negative genital lesions
- History suggestive of herpes/atypical herpes (without lesions to culture)
- Patients considering partnerships with herpes infected persons
- Upon patient request or if the knowledge would be beneficial to the patient

### Symptoms

- Painful cluster of blisters which rapidly scab
- May be transmitted even if no symptoms
- Most infected individuals never develop symptoms

### Testing at SDSU

- Culture of blisters or sores
- Blood test for type-specific antibodies that help distinguish between recent and old infection with Types 1 & 2

## HIV (Human Immunodeficiency Virus)

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### Who Should Get Tested

- All men and women age 13-64 should be screened at least once, and then every three years if sexually active.

#### *More frequently for those at increased risk:*

- Multiple sex partners
- Men who have sex with men
- Sexual contact with a bisexual male
- Sexual contact with an HIV-infected individual
- Seeking treatment for an STI
- Commercial sex workers and their contacts
- Injection drug users and their contacts
- Recipient of a transfusion between 1978-1985

### Symptoms

- May have no initial symptoms
- "flu"-like symptoms with fever, fatigue, rash, sore throat, swollen glands, headache within days to weeks of exposure
- Later symptoms related to immune system failure

### Testing at SDSU

- Antibodies in blood or oral secretions
- Becomes positive in >97% within 3 months of infection

## HPV (Human Papilloma Virus)

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### *Who Should Get Tested*

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- All men and women, during routine STI testing or GYN exams, should get visually screened for the presence of condyloma (genital warts)
- **Men and women** with genital warts

#### *Note:*

- HPV DNA tests are only available and approved for use in women with certain Pap smear abnormalities to help guide their management

### *Symptoms*

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- Bumps on genitals
- May cause abnormalities on a woman's Pap smear without being visible on exam
- Most people do not have symptoms

### *Testing at SDSU*

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- Pap smear detects 73-87% of HPV-related abnormalities of the cervix
- HPV DNA swab tests of the cervix help confirm that certain Pap smear abnormalities are due to HPV infection
- No test for males, except a visual exam

## Molluscum Contagiosum

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### *Who Should Get Tested*

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- All men and women, during routine STI testing or GYN exams, should get visually screened for the presence of molluscum

### *Symptoms*

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- Smooth bumps in genital area, sometimes get inflamed

### *Testing at SDSU*

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- Visual Exam

## Pubic Lice (crabs)

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### *Who Should Get Tested*

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- All men and women, during routine STI testing or GYN exams, should get visually screened for the presence of pubic lice.

### *Symptoms*

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- Itching in pubic hair area

### *Testing at SDSU*

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- Visual exam

## Syphilis

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### *Who Should Get Tested*

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#### *Those who are at increased risk:*

- Multiple sex partners
- Men who have sex with men
- Commercial sex workers and their contacts
- Injection drug users and their contacts
- Contacts of persons with active syphilis
- Pregnant women

### *Symptoms*

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- Painless sore in genital area in first stage
- Rash in second stage
- Nervous system and cardiovascular damage in third stage

### *Testing at SDSU*

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- Blood test

## Trichomonas Vaginal Infection

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### *Who Should Get Tested*

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- All women who have vaginal symptoms or abnormal vaginal discharge on examination

### *Symptoms*

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- Itchy vaginal discharge

### *Testing at SDSU*

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- Microscopic exam of vaginal discharge (wet mount) or Pap smear

## Preventing STI's is easy just follow the ABC's of prevention:

**A**bstinence - hold off on sex until you are in a committed relationship that you know is safe and monogamous.

**B**arriers- use barrier methods such as condoms, dental dams, and female condoms.

**C**ommunication - talk to your partner about getting tested for STI's as well as what types of prevention methods are going to be used before starting any sexual activities.

For more information regarding prevalence rates and statistics, please visit:  
the Center for Disease Control and Prevention website: [cdc.gov/std/](http://cdc.gov/std/)  
Or the American Social Health Association website: [ashastd.org](http://ashastd.org)

### Other STI resources in San Diego

**County Health Services Complex (Rosecrans)**  
Blood and rapid HIV testing available  
3851 Rosecrans St., Suite S, San Diego, CA 92110  
(619) 692-8550  
Mondays, Tuesdays & Fridays: 7:30 am - 4 pm  
Wednesdays: 11 am - 7 pm  
Thursday: 10 am - 4 pm

**North Coastal Public Health Center**  
Blood testing for HIV available  
104 South Barnes St., Oceanside, CA 92054  
(760) 967-4401  
Wednesdays: 12:30 pm-7:30 pm

**Central Region Public Health Center**  
Blood and Rapid HIV testing available  
5202 University Ave., San Diego, CA 92105  
(619) 229-5400  
Tuesday: 1 pm - 7 pm  
Friday: 10 am - 4 pm

**South Region Public Health Center**  
HIV Blood testing only  
690 Oxford St. Chula Vista, CA 91911  
(619) 409-3110  
Thursdays: 12 pm-6 pm

**San Diego LGBT Community Center**  
3909 Centre Street, San Diego, CA 92103  
(619) 692-2077  
Mondays and Wednesdays: 9 am - 2 pm  
(County of San Diego anonymous HIV testing)  
Tuesdays and Thursdays: 9 am - 3:15 pm  
(UC San Diego HIV Testing)  
Fridays: 9 am - 1:45 pm  
(UC San Diego HIV Testing)

The County of San Diego operates a mobile HIV testing unit which visits various locations throughout the county. Confidential HIV rapid testing is available to the public via the mobile unit. For dates, times and locations of the mobile unit please call (619) 296-2120.

PLEASE NOTE: Clinics stop accepting patients when capacity is met. Please arrive well before closing time to ensure you will be seen.

### For More Information:

Student Health Services .....619-594-5281  
Health Promotion. .... 619-594-4133  
Visit Our Website at ..... shs.sdsu.edu  
Facebook/Twitter. ....Facebook.com/aztechealth &  
@AZTEHealth  
Nurse Advice Line .....858-225-3105