PREVENTION OF SEXUALLY TRANSMITTABLE DISEASES (STD)

The surest way of all to prevent STD is by not having any sexual activity; however, if you decide against that, there are ways you can reduce your risk:

1. Use **latex condoms** which, when properly used, can reduce the risk of STD. Use only good quality latex condoms.

2. **Limit your number of sex partners** and know who you're having sex with; this will reduce your risk of being exposed to STD.

3. If you think you have contracted a sexually transmittable disease, **go to a clinic and have a screening test done.**

4. **Consult your doctor immediately** if you experience any increase in secretions or any persistent pain in the genital area.