

# 性传播感染 ( STIs )

## Sexually Transmitted Infections (STIs)

### About STIs

Sexually transmitted infections (STI) are infections most often spread from person to person through sexual contact. These infections cause sexually transmitted diseases (STDs). There are more than 30 types of bacteria, viruses, or parasites that cause STIs.

Some of the more common infections are:

- Chancroid
- Chlamydia
- Genital herpes
- Gonorrhea
- Hepatitis
- Human immunodeficiency virus (HIV)
- Human papilloma virus (HPV or genital warts)
- Syphilis
- Trichomoniasis

### How STIs happen

STIs are caused by germs that live on the skin or in body fluids like semen, vaginal fluid, or blood.

These germs can enter the body through the vagina, mouth, anus, and open sores or cuts. Some germs, like the ones that cause herpes or genital warts, infect a person through the skin of the genitals.

The germs pass from an infected person through contact with skin, blood, or body fluids. Sexual contact (oral, vaginal, anal) with an infected person is the most common way to become infected.

### 关于 STI

性传播感染 ( STI ) 最常通过性接触在人与人之间传播。这些感染会导致性传播疾病 ( STD )。导致性传播感染的细菌、病毒或寄生虫超过 30 种。

较常见的感染包括：

- 软下疳
- 衣原体
- 生殖器疱疹
- 淋病
- 肝炎
- 人类免疫缺陷病毒 ( HIV )
- 人乳头瘤病毒 ( HPV 或尖锐湿疣 )
- 梅毒
- 毛滴虫病

### STI 如何发生

STI 由皮肤或精液、阴道液或血液等体液中的细菌引起。

这些细菌可以通过阴道、口部、肛门和开放性溃疡或伤口侵入体内。某些细菌可通过生殖器皮肤进行传染，例如引起疱疹或尖锐湿疣的细菌。

细菌接触其他人的皮肤、血液或体液后，会传播到对方体内。与被感染者的性接触 ( 口腔、阴道、肛门 ) 是最常见的感染方法。

## Facts about STIs

- STIs affect both men and women, but health problems from STIs tend to happen more often and be worse for women than men.
- Unprotected anal sex puts women at even greater risk of getting STIs than unprotected vaginal sex.
- In women, some STIs can spread and cause other serious problems.
- Most STIs can be treated. Some can be cured, but others cause life long disease.
- STIs can be spread even if there are no signs of infection. It can be hard to tell if someone has an STI.
- A pregnant or breastfeeding woman who is infected can pass the infection to her baby.
- STIs are not spread through casual contact, or by sitting on toilet seats, or by being in swimming pools.

Talk to your doctor or nurse if you have any questions or concerns.

## Signs of STI's

Signs may develop in a few days or they may not occur for months. Signs may not be noticed or there may be none. Often signs in women are the same as a yeast infection or urinary tract infection.

Common signs may include:

- Burning with urination
- Vaginal discharge
- Abdominal pain
- Blisters or open sores on genitals
- Warts
- Rash
- Bleeding between periods

Getting tested is the only way to be sure you are treated for the right infection.

## 关于 STI 的知识

- STI 对男性和女性都有影响，但是 STI 在女性中引发的健康问题更常见，对女性的危害比男性严重。
- 与无保护的阴道性行为相比，无保护的肛交导致女性罹患 STI 的风险更大。
- 在女性中，某些 STI 会传播并引起其他严重问题。
- 大多数 STI 都可以治疗。某些可以治愈，但其他一些则可能会伴随终身。
- 即使无感染体征，STIs 也可以传播。很难判断一个人是否患有某种 STI。
- 被感染的孕妇或哺乳期妇女可将其传给婴儿。
- 日常接触、坐便器或游泳池不会传播 STI。

如果有任何疑问或担心，请咨询医生或护士。

## STI 症状

症状可能会在几天内出现，或者可能几个月都没有症状。症状可能难以察觉，也可能不出现。女性的症状通常与酵母菌感染或泌尿道感染相同。

常见症状包括：

- 小便灼痛
- 阴道分泌物
- 腹痛
- 生殖器水泡或开放性溃疡
- 湿疣
- 皮疹
- 经期之间流血

进行检查是确保您获得正确感染治疗的唯一方法。

## Testing

You can be tested for STIs by your doctor or at your local health department.

You can usually find a list of locations for nearby clinics and testing sites online. If you are not able to find any, call your local health department for places.

Many places offer free or low-cost testing.

## Treatment

Medicine is used to treat most STIs.

Bacterial infections, such as syphilis, chlamydia and gonorrhea, are 90% cured when all antibiotics are taken as directed.

Viral infections, such as herpes and HIV, cannot be cured.

Treatment and medicine can be used to help relieve the signs and keep the disease from becoming worse.

If you are being treated for an STI, follow the instructions for your treatment and avoid sexual contact until you and your partner have been treated.

## What happens if I don't get treated?

There are a number of problems that could happen if you do not get treated or do not finish your treatment. These may include:

- Increased chance for HIV infection
- Genital cancer
- Infertility or sterility
- Chronic illness such as hepatitis, cirrhosis (scarring of the liver), cancer or AIDS
- Pregnancy problems, such as miscarriages
- The mother can give an STI to her baby before or during childbirth

## 检测

医生或您当地的卫生部门都可以进行 STI 检查。

通常可在网上查询附近诊所和检测站点的位置。如果找不到，请致电当地的卫生部门。

许多地方都提供免费或费用低廉的检测。

## 治疗

大多数 STI 都需要用药物治疗。按指示服用所有抗生素后，梅毒、衣原体和淋病等细菌感染治愈率达 90%。病毒感染，例如疱疹和艾滋病毒，无法治愈。

治疗和药物可以帮助缓解症状，防止疾病恶化。

如果您正在接受 STI 治疗，请按照说明进行，避免性接触，直到您和伴侣治愈为止。

## 如果不进行治疗会怎么样？

如果您不进行治疗或未完成治疗，可能会导致许多问题。这些问题包括：

- 感染 HIV 的机会增加
- 生殖器癌
- 不孕或不育
- 慢性疾病，例如肝炎、肝硬化（肝瘢痕）、癌症或艾滋病
- 妊娠问题，例如流产
- 母亲可以在分娩前或分娩时将 STI 传播给婴儿

- Heart problems
- Problems affecting the brain and nerves, such as confusion, problems walking or blindness
- Death

## STI Prevention

There are some things you can do to limit your chances of getting an STI, such as:

- Don't have sex.
- Have only 1 sexual partner.
- Use condoms correctly each and every time you have intercourse.
- Talk with your partner about STIs before having sex.
- Have a pelvic exam and have STI testing every year if you are sexually active.
- Avoid alcohol or drug use that could cause you to take risks.

- 心脏病
- 影响大脑和神经的问题，例如精神错乱、行走障碍或失明
- 死亡

## STI 预防

可以采取一些措施降低罹患 STI 的机会，例如：

- 避免性交。
- 只有 1 名固定的性伴侣。
- 每次性交都正确使用避孕套。
- 性交前与性伴侣交流关于 STI 的知识。
- 如果您性活动频繁，每年都要进行盆腔检查和 STI 检测。
- 不要饮酒或吸毒，这可能会导致您面临风险。