

Prevention Method	How is it effective?
Abstinence	Refraining from sexual intercourse (i.e., vaginal, anal, or oral) is the most effective means to avoid Sexually Transmitted Diseases or infections (STDs).
Vaccination	Vaccinating for Hepatitis B and the Human Papillomavirus Virus (HPV) are quick and easy prevention methods. Hepatitis B vaccines are recommended for children when they are infants, and HPV vaccinations can begin in the preteen years. Talk to your primary care physician with any questions you may have.
Limit the number of sex partners	Reducing the number of sex partners one has lowers the probability of exposure to STDs. It is still important that both partners get tested and share their results with each other.
Mutual monogamy	Partners who commit, and follow through, with being sexually active ONLY with each other are involved in one of the most reliable ways to avoid STDs. Each partner must be uninfected in the beginning of the sexual relationship and be capable of having honest and open conversations with their partner.
Use condoms	Use of condoms with every time one has sex is a highly effective method to reduce STD transmission.
Wait and be tested	When entering a new relationship, abstain from sexual intercourse until all partners have been tested and have shared their results.
Avoid excessive alcohol and drug usage	Alcohol and drug use increase the probability one will engage in at-risk sexual behaviors.
Pre-exposure prophylaxis (PrEP)	This prescribed intervention reduces the risk of HIV for those who are at very high risk. It is important to have a conversation with your physician if you have any questions about this.

References

- Centers for Disease Control and Prevention. (2020, March 30). *Prevention - STD information from CDC*. Centers for Disease Control and Prevention. Retrieved November 10, 2021, from <https://www.cdc.gov/std/prevention/default.htm>.
- Mayo Foundation for Medical Education and Research. (2021, September 21). *Sexually transmitted diseases (STDs)*. Mayo Clinic. Retrieved November 10, 2021, from <https://www.mayoclinic.org/diseases-conditions/sexually-transmitted-diseases-stds/symptoms-causes/syc-20351240>.