



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



Jennifer Morse, MD, MPH, FAAFP
Medical Director

Steve Hall, RS, MS
Health Officer

PRESS RELEASE FOR LOCAL MEDIA

To: Local Media Outlets

From: Shelby Pasch, Health Promotion Supervisor

RE: STD Awareness Week

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STD Awareness Week

STD Awareness Week is April 11th through April 17th. Consistent and correct condom use promotes safer sex and overall sexual health. Play it safe to prevent sexually transmitted diseases.

Central Michigan District Health Department (CMDHD) offers STD screening and pregnancy tests as well as education and will be offering FREE condoms throughout STD Awareness Week being recognized from April 11th through April 17th.

All STD's are preventable and treatable, and most are curable. Getting tested is the only way to know if you have an STD. CMDHD along with the CDC encourages individuals to talk with their healthcare providers about their sexual health to best protect their health and the health of their partner. Follow these suggestions to promote safer sex:

- Talk with your partner about when you were last tested for STDs or get tested together before engaging in sexual acts.
- Tell your partner if you have an STD such as Herpes or HIV.
- Agree to only having sex with one another.
- Use latex condoms the right way for all forms of sex (vaginal, anal, oral) throughout the entire sex experience (latex-free options are available for those with a latex allergy).
- Use a water-based lubricant.

Please visit us at our website www.cmdhd.org

For free condoms and lubrication, education on safer sex practices, and or STD prevention and testing information call your local CMDHD branch office. Questions regarding your sexual health can also be answered by emailing sexualhealth@cmdhd.org.

According to the State of Michigan, the number of reported STD's is rising. Michigan reported 50,374 cases of Chlamydia, 18,264 cases of Gonorrhea, and 685 cases of Syphilis in 2019. In accordance with the Center for Disease Control and Prevention, approximately 37,968 new cases of HIV were diagnosed in adolescents and adults in the United States in 2018. With consistent and correct condom usage or abstinence, these diseases are mostly preventable. Even with condom use everyone who is sexually active should be screened regularly for STDs and HIV.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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Resources

State of Michigan Sexually Transmitted Diseases 2019 [LINK](#)

To request an interview, please visit our website (cmdhd.org) and fill out the Media Interview Request Form.