



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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PRESS RELEASE FOR LOCAL MEDIA

To: Local Media Outlets

From: Shelby Pasch, Health Promotion Supervisor

RE: STI Awareness Week

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STI Awareness Week is April 9th through April 15th.

This week provides an opportunity to raise awareness about sexually transmitted infections, or STIs, and how they impact our lives. The goal is to reduce STI-related stigma, fear, and discrimination and ensure people have the tools and knowledge for prevention, testing, and treatment.

Central Michigan District Health Department (CMDHD) offers STI screening, pregnancy tests, and education. FREE condoms and at home self-HIV test kits are always available to be ordered on our website.

All STIs are preventable, treatable, and most are curable. Getting tested is the only way to know if you have an STI. Along with the CDC, CMDHD 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 STIs or get tested together before engaging in sexual acts.
- Tell your partner if you have an STI 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.

According to the State of Michigan, the number of reported STIs is rising. Michigan reported 46,240 cases of Chlamydia, 22,159 cases of Gonorrhea, and 978 cases of Syphilis in 2021. According to the Centers for Disease Control and Prevention (CDC), approximately 30,635 new cases of HIV were diagnosed in adolescents and adults

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in the United States in 2020. Of those new diagnoses, 71% were among gay, bisexual, and other men who reported male-to-male sexual contact, 22% were among people who reported heterosexual contact, and 7% were among people who inject drugs. 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 STIs and HIV.

Self-HIV home test kits are available for free at the Central Michigan District Health Department by contacting the Isabella County branch office. Syringe services are also available to allow for every person who uses drugs to have sterile syringes and other equipment to avoid sharing or reusing, which increases the risk of infections spread through blood-to-blood contact.

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 and follow [CMDHD](#) on Facebook.

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Resources:

MDHHS STI Surveillance Local Health Department Feedback, [\[LINK\]](#)

CDC HIV Statistics, [\[LINK\]](#)

About STI Awareness Week, CDC, [\[LINK\]](#)

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