



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: STD Awareness Week

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STD Awareness Week

STD Awareness Week is April 10th through April 16th. 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, pregnancy tests, and education. FREE condoms are also being offered throughout STD Awareness Week.

All STDs 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.

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

Please visit us at our website www.cmdhd.org

by emailing sexualhealth@cmdhd.org. Anonymous online, mail-based condom ordering is now available; visit www.cmdhd.org under the “health promotions” services tab.

According to the State of Michigan, the number of reported STDs is rising. Michigan reported 46,119 cases of Chlamydia, 22,041 cases of Gonorrhea, and 2,623 cases of Syphilis in 2020. According to the Centers for Disease Control and Prevention, approximately 36,801 new cases of HIV were diagnosed in adolescents and adults in the United States in 2019. 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 and LIKE Central Michigan District Health Department on Facebook.

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Resources

MDHHS STI Surveillance Local Health Department Feedback, Michigan total, 2021, MICHIGAN TOTAL.pdf

CDC, HIV statistics, <https://www.cdc.gov/hiv/basics/statistics.html>

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