



# Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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## PRESS RELEASE FOR LOCAL MEDIA

**To: Local Media Outlets**  
**From: Central Michigan District Health Department**  
**RE: CMDHD Promoting STI Awareness Week**  
**Release Date: April 2, 2024**

### CMDHD is Promoting STI Awareness Week: April 14 - 20

CMDHD's Community Health department offers appointments for STI screenings.

Central Michigan District Health Department (CMDHD) is promoting STI Awareness Week, which runs from April 14 – 20. The purpose of this week is to educate people and to reduce stigma and fear about sexually transmitted infections (STIs). CMDHD is committed to ensuring people have the knowledge and tools needed for STI prevention, testing, and treatment.

“Getting tested is the only way to know for sure if you have an STI,” said Connie Lance, CMDHD Community Health Supervisor. “We offer confidential testing for chlamydia, gonorrhea, syphilis, HIV, and hepatitis C at low or no cost. Call our Community Health department at 989-314-7570 to make an STI screening appointment.”

CMDHD recommends that those who are sexually active be tested for STIs and HIV regularly. STI counseling, screening, and treatment are available without parental consent for persons aged 13 and older. CMDHD also offers pregnancy tests by appointment. [HIV self-test kits](#) can be ordered on our website. Safe sex supplies are also available for free to everyone in our offices or [by mail](#).

According to the [Michigan Department of Health and Human Services](#), the number of reported STIs is rising. With correct condom usage, these diseases are mostly preventable. Even with condom use, everyone who is sexually active should be screened regularly for STIs and HIV. 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.

**Please visit us online at [www.cmdhd.org](http://www.cmdhd.org).**

- Correctly use latex condoms 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.

Sharing or reusing syringes increases the risk of infections spreading through blood-to-blood contact. CMDHD offers syringe services through Exchange Central, which provides sterile syringes and other supplies for those who use drugs. Visit <https://www.cmdhd.org/exchange-central> to learn more about this program.

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](http://www.cmdhd.org) and follow us on [Facebook](#) and [Instagram](#).

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



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