

Did you know?

- You can get an STD at any age. If you're having sex, you're at risk of getting a sexually transmitted disease (STD).
- In fact, there was a 20% increase of chlamydia in 2016 among Americans 45 and older, according to the Centers for Disease Control and Prevention (CDC).
- Even though pregnancy is no longer a possibility, it's still important to use condoms to protect yourself and your partners from STDs.



ALLEGHENY COUNTY PUBLIC HEALTH CLINIC

1908 WYLIE AVENUE (HILL DISTRICT)
PITTSBURGH, PA 15213

412-578-8081

WWW.ACHD.NET

CLINIC HOURS

MONDAY, TUESDAY, THURSDAY, FRIDAY
8:30 A.M. - 3:30 P.M.
WEDNESDAY
12:30 P.M. - 7:30 P.M.

REGISTRATION STARTS 30 MINUTES EARLIER



STOCK PHOTO. POSED BY MODELS.

HEALTHY SEX AT EVERY AGE

The Allegheny County Health
Department

ABOUT US

- At the Allegheny County Health Department's Public Health Clinic, you can receive free and confidential testing for HIV, Chlamydia, Gonorrhea, and Syphilis.
- We also provide free treatment for Chlamydia, Gonorrhea, Syphilis, Trich, and genital warts, as well as referrals for PrEP and HIV care.
- We are a drop-in clinic, which means you never have to make an appointment.
- Our services are free, meaning that we don't require any form of payment, including insurance.
- During your visit, don't forget to grab a variety of FREE safer sex supplies, like internal condoms, external condoms, dental dams, lubricant, and educational materials!

Addressing Condom Concerns

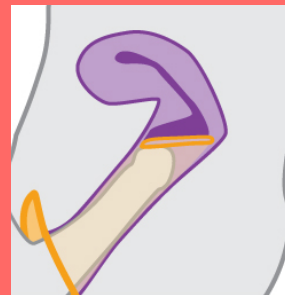
"When I use condoms, I lose my erection!"

- This problem is fairly common, especially among older adults. If rolling on a condom gives you trouble, talk to your partner about using an internal condom instead, which is placed into the vagina or anus.
- You could also ask your partner to put your condom on for you, in order to make protection a sexy part of the experience. A condom that provides a tighter fit can also help with erection loss.

"Condoms are uncomfortable!"

- The great thing about condoms is that there are many different types to try! Condoms come in a variety of colors, textures, lubricants, and some are even latex-free!

Internal condoms are inserted into the vagina or rectum before sex. Place the thick ring up into the vagina or anus with your fingers in the same way you would insert a diaphragm. The thin, outer ring should remain outside of the body. Guide the penis to make sure it enters the condom. For full instructions, please read the internal condom packaging.



SAFER SEX TIPS

TALK IT OUT

- Be honest with your doctor about your sex life, in terms of what kind of sex you have, and the type of protection (if any) you use.
- It's important to talk to your partners, too. Talk about your sexual histories, your preferences, and boundaries. Talk about your expectations for the relationship, and options you have to keep you and your partner safe from STDs.

KNOW YOUR RISK

- Your risk of getting an STD is determined by the types of sex you have, and who you're having sex with. For example, it is common for small, invisible tears to occur in the rectum or vagina during sex without enough lubrication, which make it easier to get an STD. You can also get many of the same STDs through oral sex (like chlamydia, gonorrhea, syphilis, and herpes) that you can get through anal or vaginal sex.
- Having unprotected sex, having multiple partners, and paying for sex are all things that increase your risk of getting an STD.

USE LUBRICANT

- By reducing friction during sex, lubricant can help reduce the risk of small, invisible tears happening in the rectum or vagina. Lubricant is especially important for anal sex, or if you or your partner experiences vaginal dryness.
- Lubricant can be placed directly onto the penis or vagina, or inside a condom for extra sensation.