

# Telling Your Partner You Have an STI



If you have a sexually transmitted infection (also called an STI or STD), it is important to not pass it to others. You will need to get treatment. Your partner may need treatment too. If talking to your partner makes you nervous, here are some tips that may help.

## Before talking...

- ✓ Have all the facts. Talk with your health care provider about your STI.
- ✓ Ask about treatment. Ask if your partner(s) will need to be treated too.
- ✓ Ask what you need to do so that you do not pass the STI on to others.
- ✓ Ask if you will need to wait until after treatment to have sex. Ask if safer sex is OK while you are getting treatment.

## Talk with your partner before you have sex.

- ✓ If you have already had sex, bring up the subject as soon as possible.

## Should you tell past partner(s)?

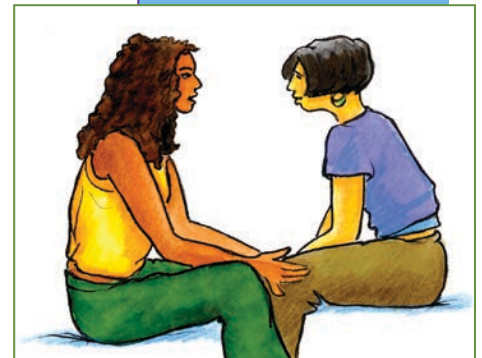
- ✓ In some cases, it might be OK to talk only with your current partner. A health care provider can help you decide if you need to contact past partners.

## Choose the right time and place.

- ✓ Pick a time when you can talk privately and not be rushed.
- ✓ Follow these simple steps:
  - Give your partner the facts about your STI.
  - Explain that most people can still have a healthy sex life with treatment and the practice of safer sex.
  - Offer more information: a hotline number, a pamphlet or the address of a clinic for testing.
- ✓ If you are not able to talk in person, consider calling or sending a text or email.

## If you are afraid to bring up the subject...

- ✓ Remember that you are not alone. As many as half of sexually active people will get an STI at some point.
- ✓ Everyone reacts differently to new information. Your partner may be supportive.



## If your partner gets upset...

- ✓ Your partner may become afraid or worried. If your partner is willing, this is a good time to keep talking. You may even become closer.
- ✓ If your partner wants to end the relationship because of your STI, you can still feel good about yourself for being honest. You deserve someone who respects you for that.
- ✓ If you are afraid your partner will get violent, talk to your health care provider about options for staying safe.

## What should you say to a new partner?

Whether you are starting a new relationship or just hooking up, it is important to tell a new partner about any STI risk. Ask about his or her STI risk too. You can say: "Before we go any further let's talk about STIs." Or "Before we have sex, let's get tested."

- ✓ Talking about STIs:
  - Shows you can be trusted.
  - Shows you care about your partner's health and your own.
  - Allows you and your partner to decide together how to reduce risk.

## Talking about STIs helps you both stay safe and healthy!



**Talking about sexually transmitted infections (STIs) can protect your health and the health of your partner. If you have been diagnosed with an STI, talking to your partner can help you both. To get more information on STIs, visit [www.cdc.gov/std](http://www.cdc.gov/std)**



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