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For immediate release



Tips to maintain sexual health offered during STI Awareness Week

Rice County Public Health is joining the Centers for Disease Control and Prevention during Sexually Transmitted Infection (STI) Awareness Week, April 9-15, to encourage those who are sexually active to take charge of their sexual health.

Chlamydia is the number one reported STI in Rice County in 2021 (the most recent data available), followed by gonorrhea. There were 163 cases of chlamydia and 52 cases of gonorrhea in Rice County, with an incidence rate lower than the state average. The highest percentage of cases in the state was in those ages 20-24.

Chlamydia, gonorrhea and syphilis are all treatable with the correct antibiotics, yet many cases go undiagnosed and untreated – which can lead to severe health problems that include infertility, ectopic pregnancy (pregnancy outside of the womb), stillbirth in infants and increased HIV risk.

When it comes to sexual health, sexually active people can help protect themselves and their partners by

- [Using condoms](#) correctly and consistently.
- [Talking openly](#) with sexual partners about recent STI test results.
- [Testing for STIs](#) when sexually active. Not all infections will have symptoms, so the best thing to do is to get tested regularly and get the correct treatment if informed of a positive test.
- Talking openly with your healthcare provider and get tested and treated as soon as possible if exposed to a sexual partner who has tested positive.

Confidential testing is available at your regular health care provider clinic. For those without a regular source of healthcare, or for those who are low-income or uninsured, Rice County Public Health offers free testing for chlamydia and gonorrhea. For more information or to schedule an appointment, call 507-332-6111. Walk-in testing is also available.

STIs are preventable and treatable, and most are curable. Take three simple actions: Talk. Test. Treat.

More information about sexually transmitted infections can be found at www.cdc.gov/std/saw/talktesttreat/individuals.htm

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Rice County Public Health Mission: To protect, promote and improve the health of ALL individuals and families in our community.