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MOUNTAIN VIEW HIGH SCHOOL

April 18, 2024

Dear Parents and Students:

Recently, Uinta County Public Health approached us with some concerns shared by local medical providers specific to the presence of sexually transmitted diseases in Uinta County. The medical providers were hearing misinformation specific to STD prevention and treatment coming from school-age youth. The medical providers suggested that with rising STD rates in Uinta County, if Public Health could partner with schools to provide accurate and up-to-date information to our students regarding the prevention and treatment of sexually transmitted diseases.

In working with Uinta County Public Health we have developed a short presentation to be shared with boys and girls separately during Academic Honor Time for the students at Mountain View High School. This presentation will follow a similar model and reinforce information provided to students during their freshman year of student health. This presentation will be on May 7 for the boys and May 9 for the girls during Academic Honor Time.

The slide presentation is attached to the end of this letter and will also be posted on the MVHS webpage. Parents who wish their child to opt out of the presentation may do so by emailing Mrs. Tims in the main office; those students will stay in their regular Academic Honor Time the day of the presentation. If you **do not** want your student to attend the presentation, please email Mrs. Tims at tmsg@uinta4.com so she can document your request for your student to **not** attend the presentation. If you have any questions, feel free to contact the high school and speak to Nurse Dallas as a presenter or Mr. Carr as building principal.

Thank you

Dallas Cottam, RN
UCSD #4 School Nurse

**MVHS ensures a safe and rigorous education
with high levels of learning for all.**

STI Prevention and Intervention

What is an STD/STI?

Infection **transmitted** through **sexual contact** with an **infected** individual. Sexually transmitted infection or **STI** can develop into a sexually transmitted disease or **STD**.

FIVE MODES OF TRANSMISSION

1. Vaginal sex
2. Anal sex
3. Oral sex
4. Skin-to-skin contact
5. Infected Mother to child

STI Symptoms

Examples:

- Discharge
- Sores
- Pain
- Burning
- Itching
- Bleeding
- Fever



What are the most common symptom of STIs?

The most common symptom of an STI is **NO SYMPTOM.**

**75% of women
and
50% of men**

positive for an STI have

NO SYMPTOMS.



Why Is This Important About STI/STDs?

Often **NO** signs or symptoms

UNAWARE of infection, and don't receive treatment.

LONG-TERM damage

May have **PASSED** infection to others

20 million new infections every year in the U.S.

More than 50% of all people will have an STI at some point in their lifetime.

Complications from STI/STD's

- Pelvic Inflammatory Disease (Chlamydia, Gonorrhea)
- Infertility (Chlamydia, HPV, Gonorrhea)
- Easier to become infected with other STI's if you have one
- Blindness (Chlamydia, Syphilis)
- Liver failure (Hepatitis B and C)
- Congenital infections (Syphilis)
- Neurological damage (Syphilis)
- Heart damage (Syphilis)
- Bone damage (Syphilis)
- Death (HIV, Syphilis, Hepatitis, HPV)
- Cancer (HPV)

Sites of STI Infection

- Vagina and surrounding area
- Penis and surrounding area
- Rectum, anus and surrounding area
- Blood
- Skin
- Hair
- Eyes
- Mouth
- Throat
- Stomach and intestines



Figure 21. Gonorrhea on the soft palate. Courtesy of Green Galen-Drum, DDS, New York City College of Technology, Brooklyn.



Are STI/STDs Curable?

Antibiotics can **cure bacterial STDs**, but **cannot reverse** the long-term damage:

- Chlamydia
- Gonorrhea
- Syphilis
- Trichomoniasis*

*parasitic protozoan

Oklahoma State Department of Health | STI 101 | 2022

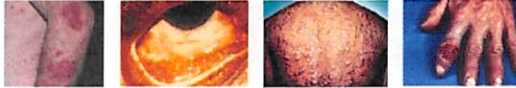
Treatment can **improve** the lives of many people living with **viral STDs**, but there is **NO cure**:

- HIV
- Herpes
- HPV
- Hepatitis B

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Most Bacterial STIs

Antibiotics can **cure** most bacterial STIs but not always the long-term damage.



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Reducing the Risk

NO RISK

Abstinence from Sex
Mutual Monogamy w/STI Negative Partner

REDUCED RISK

Protected Sex "Correctly and Consistently"
Fewer Sexual Partners
Regular HIV/STI Testing

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What does protected sex mean?

Using barriers to prevent or minimize exposure

Correct External Condom Use

DO:

- **Keep** condoms in a **cool, dry place**.
- **Read the instructions** on the packaging and use as instructed!
- **Throw** the condom **away** after it has been **used in the trash**.
- **Use lubrication** of **Water-based** or **Silicone** and **apply** as often as needed to reduce potential **tears in the condom**.

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Incorrect External Condom Use 1

DO NOT:

- **Reuse** a condom.
- **Use expired** condoms.
- **Unroll** the condom **before** putting it on.
- **Leave** condoms in **hot or extreme cold places** (wallet, car, etc.).

Incorrect External Condom Use 2

DO NOT:

- **Use oil-based** products (oils, hand lotion or Vaseline) as lubricants with **latex** condoms.
- **Use more than one condom at a time**, including an internal AND external condom ('**double wrapping**').

Internal (Female) Condom

- **Worn inside** the vagina or anus
- **Thicker**, more **tear-resistant**
- **Always latex-free**
- **Wider** opening **covers more** of the external area

Protection for Oral Sex

- Dental Dam
- Thin, **square pieces of latex**
- Use a manufactured product for safety

See Your Doctor If...

Any of these symptoms may mean you are infected with an STD. Get medical attention if you experience:

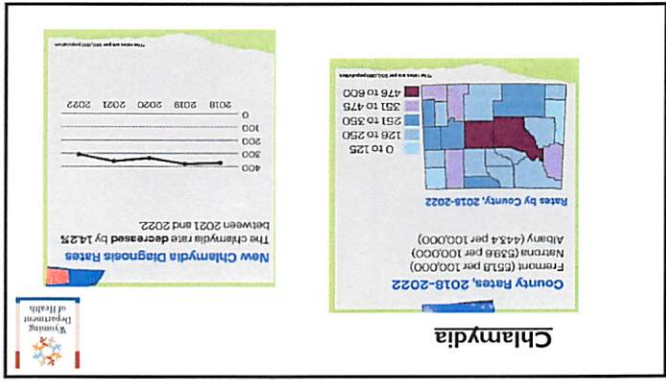
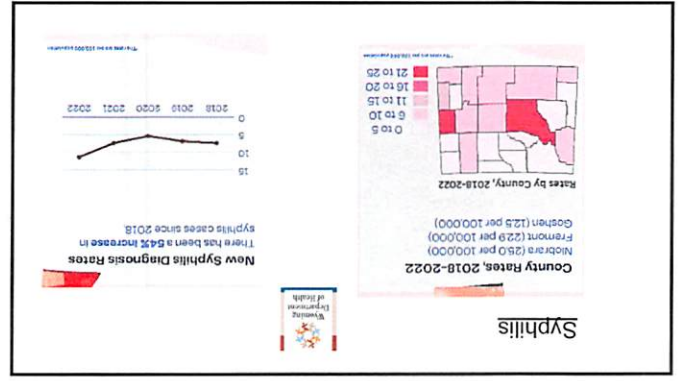
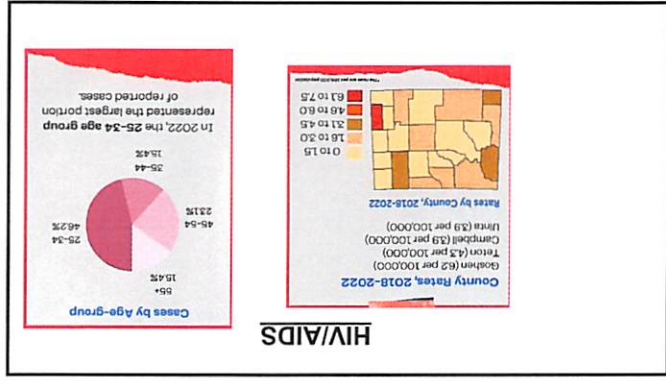
- ▶ Burning or pain during urination
- ▶ Swelling or rash in the groin
- ▶ Unusual genital odor or discharge
- ▶ Sores, bumps or blisters near the mouth or genitals
- ▶ Burning or itching
- ▶ Flu-like symptoms (fever, chills)



Diagnosis of STI's

How do we decide you have an STI/STD?

- Screening**-ask questions about behaviors that put people at risk of STI's. Also ask about symptoms
- Blood tests**-Syphilis, Hepatitis C, Hepatitis B, Genital Herpes, finger stick for rapid HIV, blood draw to confirm
- Urine samples**-Chlamydia and Gonorrhea for males
- Fluid samples**-Dr. may test fluid from genital sores to diagnose STI. Vaginal swab for females to diagnose chlamydia and gonorrhea. HPV precancerous infections are detected by papsmeear. Others tests to diagnose HPV are not routinely used.



Get Tested!

HIV

Everyone aged 13 through 64 should get tested at least once

People who have occasional exposure to HIV risks at least once a year

People who are at high risk for HIV

Infection 3-6 months

Chlamydia & Gonorrhea

Age 24 or younger having sex get tested once every year

Age 25 or older and more than one sex partner or with a new sex partner

Talk with a doctor or other health care entity about getting tested if you are sexually active.

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- Syphilis Testing**
- Test based on risk
 - Repeat testing while pregnant with continued risk
 - Blood test (done at doctor office or public health)
 - Non-Treponemal: RPR
 - Confirmatory testing
 - Treponemal: FTA
 - Visual inspection of lesions or rash.
 - Must be done by a provider.

- Testing for Chlamydia and Gonorrhea**
- **Three-site testing**
 - Genital
 - Females: self swab
 - Males: urine
 - Pharyngeal (throat)
 - Nurse swabs throat
 - Anal
 - Self swab

Know Your Status

Knowing your status means getting tested for STIs, knowing your results, and getting re-tested based on risk.



Where??

Know40.org

- STD Prevention Counseling and Education - **FREE**
- Rapid HIV Testing & Counseling – free
- STD testing – no or low cost
- Treatment for some STDs



AT YOUR APPOINTMENT, LET THE CLINIC KNOW YOU WOULD LIKE TESTING THROUGH THE KNOW40 PROGRAM.

LOCATION BY CITY

- AFTON
- BUTFELD
- SAPIE
- CHEYENNE
- COP
- DONALD
- EVANSTON
- GILLETTE
- ELKSWOOD
- HARTWELL
- HENNING
- LAMAR
- LAWRENCE
- LENO
- LITTLETON
- MCKENZIE
- MCKINLEY
- POWELL
- RANFALL
- RIVINGTON
- ROCK SPRING
- SHERMAN
- SHERMAN
- THERMOPOLIS
- THORNTON
- WHEATLAND
- WILLOW

STI Prevention and Harm Reduction

- Abstinence (not having sexual contact)
- Get vaccinated for Hepatitis A, B, and HPV
- Know Your Status
- Know your partner
- Know your partner's status
- Protect yourself from blood & body fluids.
- Low number of partners.
- Monogamous relationship with one partner who has been tested.

Uinta County Public Health

Evanston 789-9203 or Lyman
787-3800

References

Oklahoma State Department of Health, STI/STD,
<https://oklahoma.gov/content/dam/ok/en/health/health2/aem-documents/prevention-and-preparedness/sexual-health-harm-reduction/presentation/std-101.pdf>, 16 April 2024

Human Relations Media, STD's Just the Facts Powerpoint presentation,
<https://www.hrmvdo.com/catalog/stds-just-the-facts-powerpoint-presentation>