

Need-to-Know Sexual Health Tidbits

Abstinence = most effective way to protect self from STDs & unwanted pregnancy.

Bacterial STDs

The **CURABLES**,
but **ONLY** w/ Treatment
Chlamydia
Gonorrhea
Syphilis

Viral STDs

The **INCURABLES**
Can be managed w/ meds

Herpes
HPV
HIV
Hepatitis B

If you can't talk about sex, you shouldn't be having it. Talk protection, sexual history, & when he/she was last tested— **BEFORE** engaging in sexual activity. Embarrassed? It may be more embarrassing to "acquire" an STD or child because you were too embarrassed to ask.

Human Error is the #1 reason contraceptives fail. If you choose to be sexually active, know how to use a condom and dental dam, & understand how hormonal contraceptives work.

Plan B, aka the morning after pill, is available at the Abrons Student Health Center Pharmacy for \$35. **UNCW** females and males 18 and older may obtain over the counter. Females 17 and under need to see a provider to obtain Plan B.

Condoms & abstinence are the **ONLY** two methods that can help protect against pregnancy **AND** STDs.

Hormonal contraceptives include:

- Birth control pills
 - Vaginal ring (Nuva Ring)
 - Skin Patch (Ortho Evra)
 - Depo-Provera shot
 - IUD (Intrauterine Device)
- *When used perfectly all are very effective at preventing pregnancy but will **NOT** protect against **ANY** STDs.

Avoid mixing alcohol and sexual activity. Drug and alcohol abuse interferes with decision making which can lead to date rape, forgetting to use protection, unplanned pregnancy, and/or contracting an STD.

Hormonal Birth Control at the UNCW Pharmacy

Low – Dose Monophasic Pills

-Aprí (Desogen)	\$17
-Sprintec (Ortho-Cyclen)	\$18
-Cryselle 28 (Lo/Ovral)	\$31
-Aviane (Alesse)	\$22
-Ocella (Yasmin)	\$57

Biphasic Pills

-Kariva (Mircette)	\$26
--------------------	------

Triphasic Pills

-Tri-Sprintec (Ortho Tri-Cyclen)	\$20
-Velivet (Cyclessa)	\$21

Extended Cycle Pills

-Loestrin24 Fe	\$15
-Nuva Ring	\$70
-Depo-Provera (3 month injection)	\$46

The above options are very effective at preventing pregnancy when used perfectly. The above options are 0% effective at preventing STDs. Please ask your pharmacist any questions you may have.

*Prices are subject to change.

UNCW Pharmacy
910-962-3016
DePaolo Hall, 2nd Floor

Condoms at the Dub

Individual Condoms & Dental Dams are **FREE** at the Abrons Student Health Center, 2nd floor of DePaolo Hall & UNCW Health Promotion, SRC 104

You can purchase 15 condoms for \$2 at both of the above locations!

Gardasil

Protection against 70% of cervical cancer in women & 90% of genital warts in men & women.

\$145 per injection, available at
Abrons Student Health Center

Most insurance plans will cover the cost.

Talk to a medical provider for more information.

3 injections over 6 months

- 1st injection—now
- 2nd injection—2 months from 1st injection
- 3rd injection—4 months from 2nd injection

www.cdc.gov/hpv

FREE HIV Testing

Tuesday, September 9, 12-3pm
Tuesday, October 7, 12-3pm
In the Abrons Student Health Center

Visit www.uncw.edu/healthpromo
click on the monthly calendar for updates!

Helpful Contacts

Health Promotion

Student Rec Center 104
910-962-4135
www.uncw.edu/healthpromo

Abrons Student Health Center

DePaolo Hall, 2nd Floor
910-962-3280
www.uncw.edu/healthservices

CARE

DePaolo Hall, 2nd Floor
910-962-CARE
www.uncw.edu/care

UNCW Counseling Center

DePaolo Hall, 2nd Floor
910-962-3746
www.uncw.edu/counseling

