

## Where can I get tested for STDs?

The LA County Department of Public Health has health centers that provide free and low-cost services to those who have no insurance or regular health care provider.

### East Los Angeles

Whittier Public Health Center  
7643 S. Painter Avenue  
Whittier, CA 90602  
(562) 464-5350

### Metropolitan Los Angeles

Central Public Health Center  
241 N. Figueroa Street  
Los Angeles, CA 90012  
(213) 288-8204

### Northeast Los Angeles

Glendale Public Health Center  
501 N. Glendale Avenue, Rm 119  
Glendale, CA 91206  
(818) 291-8903

### San Fernando Valley\*

Pacoima Public Health Center  
13300 Van Nuys Boulevard  
Pacoima, CA 90059  
(818) 896-1903

### San Gabriel Valley\*

Monrovia Public Health Center  
330 W. Maple Ave  
Monrovia, CA 91016  
(626) 256-1600

*\*Screening services only*

(Continued) →

### South Los Angeles

Martin Luther King, Jr.  
Center for Public Health  
11833 South Wilmington Avenue  
Los Angeles, CA 90059  
(323) 568-8100

Free self-testing can also be done at home.

### TakeMeHome.org

Order free HIV and STI self-tests to be discreetly mailed to you.

### DontThinkKnow.org

For people with vaginas between the ages of 12-44, order free chlamydia and gonorrhea self-tests to be discreetly mailed to you.

Website: [www.GetProtectedLA.com](http://www.GetProtectedLA.com)  
STD Hotline: 1-800-758-0880  
Clinic Resource for Youth: [pocketguidela.org](http://pocketguidela.org)  
STD Clinics: [publichealth.lacounty.gov/dhsp/STDclinics.htm](http://publichealth.lacounty.gov/dhsp/STDclinics.htm)

Find a clinic →



DHSP-STD-0036-02 (04/2026)



COUNTY OF LOS ANGELES  
**Public Health**





# STD Facts

Sexual health is in  
your hands.



## What are Sexually Transmitted Diseases (STDs)?

STDs are infections that are passed during sex. You can get an STD from having vaginal, oral or anal sex with someone who has an STD. People who get certain types of STDs may be more likely to get Human Immunodeficiency Virus (HIV).

|  |   |
|--|---|
|    | <ul style="list-style-type: none"><li>• <b>STDs are common:</b> 1 in 2 people will get an STD by the age of 25.</li></ul>   |
|    | <ul style="list-style-type: none"><li>• <b>Many people with STDs have no signs at all.</b> You can't tell if someone has an STD just by looking at them. STDs can still be passed even if there are no signs.</li></ul> |
|  | <ul style="list-style-type: none"><li>• <b>If not treated, STDs can lead to serious health problems</b> for both you and your baby if you're pregnant. You may also be unable to get pregnant.</li></ul>                |
|  | <ul style="list-style-type: none"><li>• <b>Most STDs can be cured with medicine.</b> Some STDs have no cure, but treatment is available.</li></ul>  |

## What are the signs of infection?

The most common symptom of an STD infection is **nothing at all**. If signs do appear, they may include:

- **Discharge (drip or flow).** Males may have a white, yellow or green drip from the penis. Females may have a change in color or smell of the flow from the vagina. Discharge from your anus (butt) may also be a sign of an STD.
- **Sores and bumps.** Sores, bumps, blisters or rashes on or near your penis, vagina, anus or mouth may be from an STD. Sores may be a sign of herpes or syphilis. Skin-colored bumps could be genital warts.
- **Itching and burning.** Itching around your penis, vagina or other areas may be a sign of crabs (pubic lice). Itching around the vagina may also be a sign of vaginitis. If you have an STD it may also burn when you pee.
- **Rash.** Scabies can cause itching all over the body. A body rash could also be a sign of syphilis or acute HIV.
- **Pain in the lower belly.** In females, belly pain, fever, bleeding between periods, or pain during sex can be a sign of Pelvic Inflammatory Disease (PID).

## How can I protect myself from getting STDs?

- **If you have sex, using a latex condom every time is the best way to protect yourself from STDs.** Learn how to use condoms the right way. However, keep in mind that some STDs can be passed even while you're using a condom.
- **Limit your number of sex partners.** The more people you have sex with, the greater your chances of getting an STD. Not having sex at all is safest.
- **Talk to your partners.** Discuss condoms and health status before having sex.
- **Check for signs.** Talk about STDs *before* you have sex. Check yourself and your partner for common signs of STDs. Don't have sex if you or your partner have any signs. **Get tested.**
- **Get regular check-ups.** You can have an STD without any signs. Get checked every six months if you change partners, have more than one partner, or if your partner may be having sex with anyone else. Ask your partner to get a check-up too!
- **Talk to your doctor** and find out if pre-exposure prophylaxis (**PrEP**) is a good option for you to prevent HIV infection. If you have an STD, your doctor may give you medicine for your partner called patient delivered partner therapy (PDPT).