

STD Testing Guidelines

Engaging in sexual activities as your profession exposes you to the risk of contracting STDs. Consequently, regular STD testing is crucial. The rationale behind STD testing is simple: while consistent condom usage during intercourse, including oral sex, can significantly reduce the chances of STD transmission, it cannot entirely eliminate the risk. Consequently, opting for STD testing is a personal decision, even though potential employers might request test results as a condition of employment.

Our Recommendation

We strongly recommend undergoing STD testing at least biannually. This practice helps you stay well-informed about your sexual health. Should you experience any symptoms, we advise you to consult the CDC or your General Practitioner (GP). Additionally, we suggest considering a hepatitis B vaccination.

Selecting a Testing Facility

The choice of testing location and medical professional is at your discretion.

General Practitioner (GP)

Consulting your GP ensures confidentiality. Test results are documented in your medical record, with disclosure to others requiring your explicit consent.

CDC (Centers for Disease Control and Prevention)

Confidential STD testing services are available at CDC centers. Utilize the postcode tool on their website to locate a nearby testing site.

For the US: Link: <https://gettested.cdc.gov/>

Types of STD Tests

Testing covers the following STDs:

- Chlamydia
- Gonorrhea
- Syphilis
- HIV
- Hepatitis B (if vaccination is not received)

STD Testing Procedures

STD testing involves the following methods:

Blood Testing

Blood samples are drawn from an artery in your inner elbow to test for HIV, Syphilis, and Hepatitis B.

Self-Administered Cervical Smear

To test for chlamydia and gonorrhea, a self-administered vaginal swab is conducted. You swab the inside of your vagina using a cotton swab, place the swab in a tube, and provide it to the STD nurse. Alternatively, a nurse can perform this swab using a speculum to check for STDs instantly.

Additional Smears

Nurses perform smears to detect chlamydia and gonorrhea in the throat and anus. Painful blisters around the genital area might be sampled to identify herpes.

Prioritize Safety

Embrace a responsible approach to sexual health—your own and others'. For queries, reach out to NAME.com. Stay informed, stay safe!