

Trichomoniasis

1. What is trichomoniasis?

Trichomoniasis, also called “trich”, is the most common curable sexually transmitted infection (STI). It is very common among people 15-24 years old. Trich is caused by a parasite (organism that causes illness), and you can get it in your vagina or penis.

2. How is trich spread?

You can get trich by having condomless sex with someone who has it. Most people who get infected don't know they have it because they don't have symptoms. People with trich can still pass it to other people even if they don't have any symptoms.

3. What are the symptoms of trich?

About 70% of infected people don't have symptoms. When people have symptoms, they can be mild at first. Symptoms may show up 5 to 28 days after having sex with someone who has trichomoniasis. However, sometimes symptoms can show up much later (months).

If symptoms do appear, they may include:

- Pain or burning when you urinate (pee)
- Discharge from the vagina or penis that smells or looks strange
- Pain during sex
- Itching, burning, redness or soreness around the vagina
- Itching or irritation inside the penis

4. How can I get tested?

To get tested for trich, go to a doctor or health clinic. There are free or low cost, confidential testing sites available around Los Angeles County. Visit www.publichealth.lacounty.gov/dhsp/STDClinics.htm to find a local clinic. If you don't have a regular doctor, call the free STD hotline (800) 758-0880 to find free testing and treatment.

5. How is trich treated?

Trich can be treated and cured with medicine prescribed by your doctor. It's important to take all the medicine as instructed and don't share your medication with anyone unless instructed. Your doctor may give you medicine for your partner called “Patient Delivered Partner Therapy” (PDPT). Make sure both you and your sex partner(s) are treated before having sex again.

6. How can I prevent trich?

- Use a **condom** every time you have sex.
- **Get tested** regularly.
- **Limit your sex partner(s)**.
- If you are **pregnant**, seek **early prenatal care** to prevent health problems for you and your baby.



Key Points

- Trich is very common, especially among people 15-24 years old.
- Most people with trich don't have symptoms, but they can still spread it.
- Trich is curable and preventable.

For more information:

**Los Angeles County
Department of Public
Health**

www.publichealth.lacounty.gov/dhsp/InfoForYou.htm

**California Department of
Public Health**

www.cdph.ca.gov/Programs/CI/D/DCDC/Pages/Trichomoniasis.aspx

**Centers for Disease
Control and Prevention
(CDC)**

www.cdc.gov/std/trichomonas/STDFact-Trichomoniasis.htm