



# 2023 NORTH SHORE HEALTH DEPARTMENT HEALTHY HIGHLIGHTS

Serving the communities of Bayside, Brown Deer, Fox Point, Glendale, River Hills, Shorewood and Whitefish Bay

## April 12, 2023: STI Awareness

**STI Awareness.** This week (April 9-15) is STI Awareness Week. For STI Awareness Week, the North Shore Health Department has launched a campaign to increase awareness about sexually transmitted infections, condom use, fear and stigma, as well as testing and treatment.

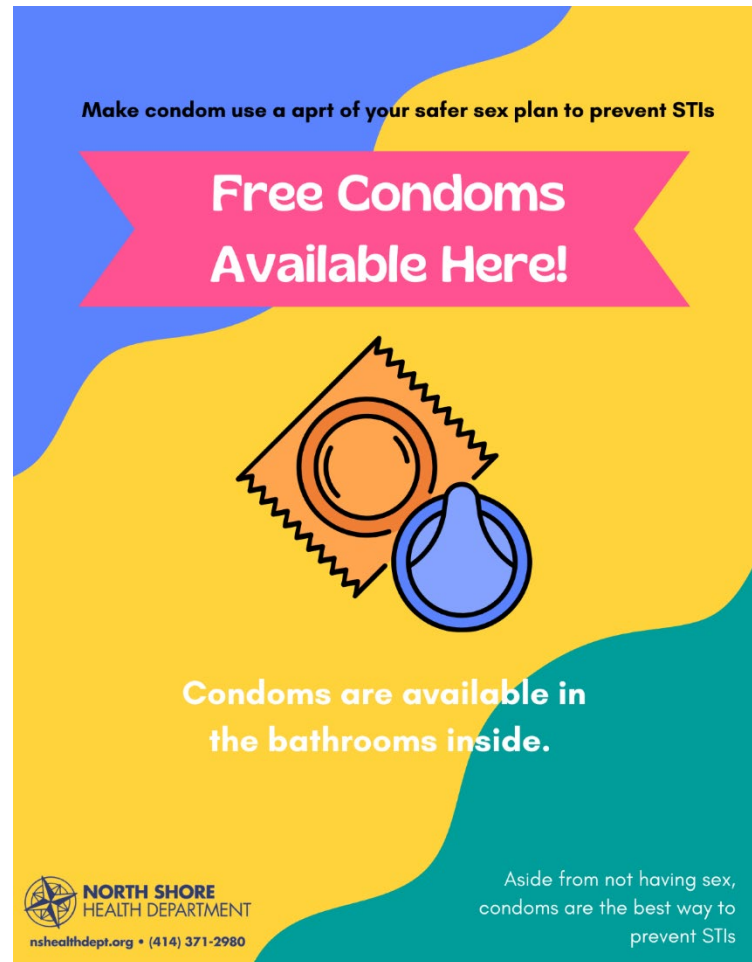
STIs affect young people the most. In 2018, half of all new infections were among people between the ages of 15 and 24. One of the best ways to lower your risk of infection is through consistent condom use. Even if you use other birth control methods such as the pill, patch, ring, or IUD, you should still have a plan for STI prevention, as these forms do not protect against STIs and HIV. Some sexually transmitted infections do not have any symptoms, and you cannot tell if someone has an STI just by looking at them. The only way to know for sure is to get tested!

**Free Condoms!** There are free condoms available at both our Brown Deer and Shorewood offices. The condoms are available in both bathrooms across the hall from our office in Brown Deer (Brown Deer Village Hall- 4800 W Green Brook Dr.) and at the front desk in our Shorewood office (Lower level of Shorewood library- 2010 E Shorewood Blvd.) The condoms are located in open bowls for you to come in and take some at your own discretion between the building hours of 8am and 4:30pm, at either location.

You can also find free condoms at local organizations we are partnering with for STI Awareness Week. Some of the locations include:

- Otto's Wine and Spirits (8850 N Port Washington Rd in Bayside)
- Concentra Urgent Care (5500 W Brown Deer Rd; Ste 400 in Brown Deer).
- Sage Pharmacy (4001 N Oakland Ave in Shorewood)
- City Market (2205 E Capitol Dr in Shorewood)
- And many more!

The condoms are available in these organization's bathrooms or lobby. There will be a sign on the door like the one below if the organization is a partner in our STI Awareness campaign.



### **Male (External) Condom Use Do's and Don'ts-**

Condoms are 98% effective if used perfectly every single time. With human error and inconsistency, real-life effectiveness is about 87%.

- DO** use a condom every time you have sex.
- DO** put the condom on before having sex.
- DO** read the package to check the expiration date.
- DO** evaluate to make sure there are no tears or defects.
- DO** use latex or polyurethane condoms.
- DO** use water-based or silicon-based lubricant to prevent breakage.

- DON'T** store condoms in your wallet since heat and friction can damage them (store in a dry, cool place)
- DON'T** use a spermicide (such as onoxynol-9), this can cause irritation.
- DON'T** use oil-based products (baby oil, lotion, petroleum jelly, cooking oil) because it can cause the condom to break.
- DON'T** wear more than one condom at once.
- DON'T** reuse a condom.
- DON'T** tear a condom package open with your teeth. This can tear the condom inside!



### Get Yourself Tested (GYT) this month.

All STIs are treatable (including HIV), and most are curable. However, the sooner you get tested, the better you protect your health and the health of your partner(s). If you don't get tested and treated for an STI, it can lead to serious complications such as infertility and damage to internal organs.

STI tests are quick, simple, and often FREE. You can get a rapid HIV test within 20 minutes from a mouth swab – no blood necessary! Additionally, STI testing is not always included in routine medical checkups, so ask your healthcare provider which test(s) may be right for you during your next check-up.

It is important to be transparent about your sexual health with your current partner(s) and any future potential sexual partners. Share your sexual history, the type of protection you like to use, and any risk factors, such as if you've had sex without a condom or if you've used drugs with needles. Discuss when the last time you got tested was. Maybe even suggest getting tested together. These types of discussions can be difficult, but it's important to talk about. Your partner(s) might be too scared to bring it up and may feel relieved if you are the one to do it first.

Find a confidential testing site near you that offers low cost or free testing: [Search Results | Get Tested \(cdc.gov\)](#)

Where to find free condoms: [Find Free Condoms - 414ALL \(414allmke.org\)](#)

## WHAT HAS NSHD BEEN WORKING ON?

SPRING INTO SAFETY AT THE WHITEFISH BAY

### BIKE RODEO



**JOIN US!**

**SATURDAY APRIL 22, 2023**  
**11 AM - 2 PM**  
**BRING YOUR BIKE AND HELMET**  
Helmetts are required.  
 Don't have one? Purchase one for \$12 or borrow from WFBPD.

- Bike safety information for parents and children, with bike safe activity stations
- Learn traffic laws, bike signals and bike safety at this family fun event!!
- Meet bike patrol officers and crossing guards
- Helmet fittings by North Shore Health Department
- Bike helmets available for purchase \$12
- Goodie bags! (while they last)



**5205 N. LYDELL AVE, WHITEFISH BAY, WI, 53217**  
STREET PARKING ON LYDELL AVENUE & ENTER OFF LYDELL

Brought to you in by: North Shore Health Department, Whitefish Bay Police Department and Whitefish Bay Recreation and Community Education Department





## BLOOD PRESSURE CLINICS

**Lydell Community Center:** 5205 N Lydell Ave, Whitefish Bay. First Wednesday of the month from 9:45-10:30am. The next clinic is May 3.

**Lois & Tom Dolan Community Center:** 4355 W. Bradley Rd, Brown Deer. On the first Wednesday of the month from 12:30-1:15pm. The next clinic is May 3.

Please visit our website for up-to-date BP Screening information: [www.nshealthdept.org/Clinics](http://www.nshealthdept.org/Clinics)



Follow us on social media and visit our website for health information and updates!



## RESOURCES AND REFERENCES

1. [Know the Facts \(cdc.gov\)](https://www.cdc.gov/knowthefacts/)
2. [What Is the Effectiveness of Condoms? \(plannedparenthood.org\)](https://www.plannedparenthood.org/what-is-the-effectiveness-of-condoms/)
3. [How to Use a Male \(External\) Condom | CDC](https://www.cdc.gov/condomuse/male-external/)