

Yokota Air Base Public Health

Oct 2022



NEED PROTECTION?

If you are a Tricare beneficiary on Yokota, feel free to see your healthcare provider or Public Health for free methods of protection.

Also, do not hesitate to reach out to the medical group for testing. The longer you go with an STI and no treatment, the more likely it can cause permanent damage to your reproductive organs.

THE TABOO TOPIC - SEXUALLY TRANSMITTED INFECTIONS

This is always a cringe topic to talk about, but it is a topic that needs to be discussed. Some of the most common sexually transmitted infections (STIs) are chlamydia, syphilis, herpes, HPV, HIV/AIDS, and gonorrhea. As of 4 Sept 2022, Japan reported having the highest number of syphilis cases ever recorded for the country. Here is what you need to know to protect yourself and your partners.

PROTECTION

The best ways to protect your self and your partners is to:

- Limit the amount of partners you have
- Talk openly with your partner
- Get tested
- Use protection
- And (although this is the least likely, yet the most effective), practice abstinence