

See a health care provider to find out for sure if your symptoms are caused by a yeast infection, or from something else.



GET YOURSELF TESTED

Testing is confidential. If you are under 18 years old, you can be checked and treated for STIs without parental consent.

When can I have sex again?

It is best to wait to have any kind of sex — oral, vaginal, or anal — until you have taken all of your medicine and all of your symptoms have gone away.

Can I get this infection again?

Yes. You may get a yeast infection again, and you should contact your health care provider to discuss treatment options.

How can I prevent yeast infections?

It is very important to keep a normal, healthy balance of bacteria in your vagina. Steps you can take:

- Keep your genital area clean and dry; change tampons and pads often
- Wear cotton underwear and loose fitting pants (these keep you dry by allowing air to flow through them)
- Avoid douching
- Take antibiotics only when your health care provider asks you to, and follow their instructions about how to take them

To learn more

Contact a health care provider or your local STI clinic.

To learn more about STIs, or to find your local STI clinic, visit www.health.ny.gov/STD.

You can find other STI testing locations at <https://gettested.cdc.gov>.

Yeast Infection



Department of Health

Candida

a type of yeast that causes most yeast infections.

A yeast infection can be cured with medication.



3 out of 4 women will have at least one yeast infection in their lifetime



What is Yeast Infection?

A yeast infection (Candidal Vaginitis or Vaginal Candidiasis) is the second most common cause of vaginal infection in the United States.

What causes a yeast infection?

Most of the time this infection is caused by a tiny fungus called “Candida,” a type of yeast. It is normal to have a small amount of this yeast in your vagina. It usually causes no symptoms. When a person has too much yeast in their vagina, it is called a yeast infection.

A healthy vagina has a balance between mostly healthy bacteria and some unhealthy organisms. An infection occurs when something happens to allow the yeast fungus to grow faster than the healthy bacteria in your vagina. A yeast infection is not considered a sexually transmitted infection (STI) because you don't have to have sex to get it.

Your vagina's healthy balance may be upset by any of the following:

- Birth control pills
- Antibiotics
- Pregnancy

- Diabetes
- Deodorant tampons or perfumed douches
- Wearing tight clothes or synthetics such as nylon, spandex or Lycra. These fabrics may create too much warmth and moisture from sweating. Yeast grows best in warm, moist places.
- HIV

What are the signs and symptoms?

- Vaginal itching with or without irritation
- A thick, white fluid (discharge) that looks like cottage cheese and has very little odor
- Redness, swelling, and soreness of the vaginal opening and around the opening
- Burning when urinating
- Pain during sex

How will I know if I have a yeast infection?

To know for sure, you should visit a health care provider. They will give you a pelvic exam and take a sample of your discharge to test for a yeast infection.

There are other types of vaginal infections with symptoms like a yeast infection, but they will not get better with medicine for a yeast infection. It is important to visit a health care provider so you can be sure what infection you may have.

Is there a cure?

Yes. Talk with your health care provider about the treatment that is right for you. For most yeast infections, the treatment is antifungal medication that you put inside your vagina at night, for three to seven nights, or a pill taken by mouth. Talk with your provider to see which option is right for you.

What about my partner(s)?

Usually, your sex partner(s) will not need to be examined. However, if your infection keeps coming back, or if a partner has symptoms, your health care provider may also want to examine them.