What is an STI?

Know the facts

STIs (Sexually Transmitted Infections) are infections you get from someone else, or pass on to someone, if you have sex with them. Many STIs can be easily cured, but all are dangerous if left untreated.

How are STIs transmitted?

STIs are most often transmitted through vaginal, oral, or anal sex, as germs travel in semen, vaginal fluids, or blood. Some STIs can also spread through shared needles or syringes.

What You Can Do

Take steps to protect yourself

- If you choose to engage in sexual intercourse, it is important to always use a condom during vaginal, anal, and oral sex. Condoms are available at no cost at Steele County Public Health.
- Limit the number of sexual partners and ensure that you are getting tested before and after each partner.

If you think you have an STI

- Talk to a doctor right away. They can advise you on taking the next steps.
- Notify your partner if you believe you may have an STI. This way they can get treated at the same time and prevent further infections.

The Center Clinic

Phone: (507) 633-9200
Email: Contact@TheCenterClinic.org
Location:
134 Southview St. Owatonna, MN
14 W Main St. Dodge Center, MN

Contact Us

Phone: (507) 444-7650
Fax: (507) 444-7668
Email: SCPHN@SteeleCountyMN.gov
Website: SteeleCountyMN.gov

Public Health
Prevent. Promote. Protect.
Steele County Public Health

Steele County Public Health

635 Florence Avenue
Owatonna, MN 55060
Monday-Friday
8:00 am - 5:00 pm

Updated: 04/2026
S:\Policy & Procedure\SCPH Brochures and Directories

Protecting yourself from:

Sexually Transmitted Infections (STIs)

Signs & Symptoms

Women

- Unusual discharge or smell from the vagina
- Burning or itching around the vagina
- Bleeding from vagina unassociated with period
- Pelvic pain during sexual intercourse
- Persistent, unexplained pain in pelvic area

Men

- Pus or other discharge from penis

Both Men and Women

- Sores, bumps, or blisters on or near the genitals, mouth, or anus
- Burning and pain during urination or a bowel movement
- Swelling in the groin

It is important to note that many STIs have no signs or symptoms.

Complications

If STIs are left untreated, they can

- Spread to sexual or syringe sharing partners
- Be extremely serious and painful
- Cause permanent damage to reproductive organs
- Lead to infertility in males and females
- Infect newborns
- Cause heart disease, blindness, arthritis, or brain damage

Testing & Treatment

Testing

Please refer to the services page to find where the nearest testing center is. It is important to get tested before and after every sexual partner.

Treatment

Most STIs can be cured using medication prescribed by a medical provider. Conduct an STI test before seeking treatment. Do not use home remedies.

Services

In Steele County, you may seek services from your primary care provider, CompCare Urgent Care, Olmsted Medical Center, or at the Center Clinic of Owatonna or Dodge Center. The Dodge Center location is in Dodge County, but services are available to anyone.

Mayo Clinic

2200 26th St. NW Owatonna, MN

Hours: Monday - Friday 8AM to 5PM. Walk ins welcome.

Phone: (507) 451 - 1120

Services offered: STI testing, STI treatment, HIV testing, HIV treatment, contraceptives, & pregnancy testing.

Information is provided by Minnesota Department of Health.
https://www.health.state.mn.us/diseases/stds

Olmsted Medical Center

210 N Oak Ave. Ste 100. Owatonna, MN

Hours: Monday - Friday 7AM to 7PM.

Phone: (507) 935 - 5601

Services offered: STI testing, STI treatment, contraceptives, & pregnancy testing.

The Center Clinic

14 W Main St. Dodge Center, MN

Hours: Monday, Wednesday, and Thursday from 10:30AM to 4:30PM. Walk ins welcome.

Phone: (507) 633 - 9200

134 Southview St. Owatonna, MN

Available by appointment only.

Services offered: STI testing & treatment, HIV testing, contraceptives, & pregnancy testing. Services are free of cost for teens and free/low cost for people who are uninsured.

Steele County Public Health

635 Florence Ave Owatonna, MN

Hours: Monday - Friday 8AM to 4:30PM. Walk ins welcome.

Phone: (507) 444-7650

Services offered: condom distribution & pregnancy testing

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