

NCERT Protocol

STI Prevention: The 3-Point Code

Class 12 Biology NEET Revision | Section 7.4

The High-Risk Demographic

0–14

**15–24
Years**

25–40

40+



Quick Tip: NEET Trap: Examiners frequently link this specific age group directly with the three incurable STIs. Memorize the 'HHH' rule: Hepatitis-B, Genital Herpes, and HIV/AIDS.

Prevention Rule 1



Avoid sex with unknown or multiple partners.

Clinical Rationale: Limits primary exposure vectors and minimizes the risk of entering untraceable infection networks.



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Prevention Rule 2



**Always try to use
condoms during coitus.**

The Dual Shield: Condoms are the only contraceptive method that provides a simultaneous block against both pregnancy and Sexually Transmitted Infections.

Prevention Rule 3

In case of doubt, visit a qualified doctor early for diagnosis and complete treatment.



Do not rely on self-diagnosis or ignore early symptoms (itching, fluid discharge, slight pain) due to social stigma. Delayed treatment leads to severe complications like PID, ectopic pregnancies, and infertility.

Beyond Coitus: Preventing Hep-B & HIV



Blood Screening

Ensure routine and rigorous screening of all blood donors to prevent transfusion-based transmission.



Sterile Tools

Strict, non-negotiable use of disposable syringes and sterilized surgical instruments in **all clinical** settings.

Chapter 7.4 Summary

✓ **Avoid risk, use condoms,
seek early medical help.**

Which demographic bracket represents the highest-risk group for STIs?

[15–24 years]



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