

Don't Think, Know San Diego

A Chlamydia and Gonorrhea
Home Testing Program for Young Women



www.DontThinkKnow.org

What Is Don't Think, Know San Diego?

Don't Think, Know is a free, home chlamydia and gonorrhea testing program for sexually active women under age 25 living in San Diego County. This program supports the Centers for Disease Control and Prevention's recommendation for all sexually active women under age 25 to get tested for these infections every year.

Why Does San Diego Need Don't Think, Know?

The number of people diagnosed with chlamydia and gonorrhea continues to increase each year. Youth, especially young women of color, are disproportionately impacted by these infections. In California, the highest rates of chlamydia in 2021 were among women 15-24 years old, with the rate among young black women disproportionately higher (1.4 times higher) than the rate among young white women. These trends hold true locally as well. In 2022, there were over 25,000 reported cases of chlamydia and gonorrhea in San Diego County. Of these, more than 5,000 were in young women.

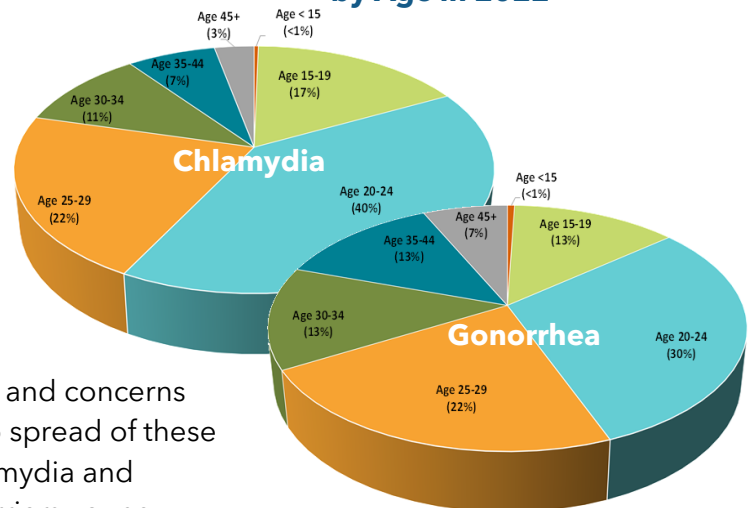
Many young women experience barriers to getting tested, including lack of transportation or nearby clinics and concerns about stigma, privacy, and cost, which can contribute to spread of these infections. To address the disproportional rates of chlamydia and gonorrhea among young women of color and many barriers young women experience, the Los Angeles County Department of Public Health developed the *Don't Think, Know* program. The program provides young women free and confidential testing in the privacy of their own home or other setting they choose. *Don't Think, Know* also seeks to increase awareness about sexually transmitted infections (STIs) and how they can effect a woman's health and promotes the importance of prevention, testing, and treatment.

As a result of the success of the *Don't Think, Know* program, the California Department of Public Health (CDPH) expanded the program in 2013 into other areas with high rates of these infections, including San Diego County. Since the San Diego County program began in 2013, there has consistently been a chlamydia positivity rate of 9% -10% among females using the home test kits.

How Does The Program Work?

Young women who visit www.DontThinkKnow.org can create an account and order a **FREE** chlamydia and gonorrhea test kit (in English or Spanish). Kits come in an unidentifiable, plain envelope and can be sent to any address in San Diego County. The kit contains a vaginal swab with instructions on how to do the test. Users mail back the sample (in the pre-paid envelope provided) and are notified by text or e-mail when their results are ready to be viewed securely online. County of San Diego staff are available throughout the process by phone and e-mail to answer any questions people may have.

STIs Among Females in San Diego County
by Age in 2022



[County of San Diego STD Data](#)

How Do People with Positive Results Get Treated?

People who test positive for chlamydia and/or gonorrhea are instructed to print or download their test results and referral form and use the websites' clinic locator to find a local health center for treatment and other services. County of San Diego staff also follow up with all people who test positive to make sure they received treatment or to assist them with getting treatment.

People who test positive are reminded of the importance of getting their partner(s) treated as well and are encouraged to get tested again in three months, which is recommended by CDC due to high rates of reinfection; they can request another home test kit or return to the clinic where they got treatment.

How Can YOU Help Reduce STDs Through *Don't Think, Know* San Diego?

- Tell the young women you know and work with about this free home testing program!
- Request promotional materials to help get the word out—**We have posters and palm cards to share with you and can also provide messages and videos to use on social media.**
- Include *Don't Think, Know* in your program curriculum and resource lists.
- Educate your staff about the program—**We are happy to provide a brief presentation about *Don't Think, Know*.**



Examples of *Don't Think, Know* promotional materials.

For more information about *Don't Think, Know* or to request FREE outreach materials, please e-mail Jamie.Schroer@sdcounty.ca.gov or call **(619) 514-8622**.

For more information on clinical issues related to *Don't Think, Know* please e-mail Ana.Ramos@sdcounty.ca.gov or call **(619) 293-4718**.



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