

## Is there anything else I need to know?



Condoms and dams offer the best protection against STIs, but only protect the area of skin they cover.



Long-acting reversible contraceptives (LARCs) are the best methods for preventing pregnancy, but don't protect you from STIs.



Talk to your partner/s about STIs. It's best for all partners to get tested before stopping the use of condoms and dams.



If you test positive for an STI, it doesn't necessarily mean your partner/s have cheated. You may have had it for a long time and not know who you caught it from.

## SHQ offers confidential and affordable sexual health services

### Clinic - STI testing and treatment

► Bulk billing available ► Drop-in clinics

### Counselling

► Talk to our experienced counsellors about STIs and other sexual health issues.

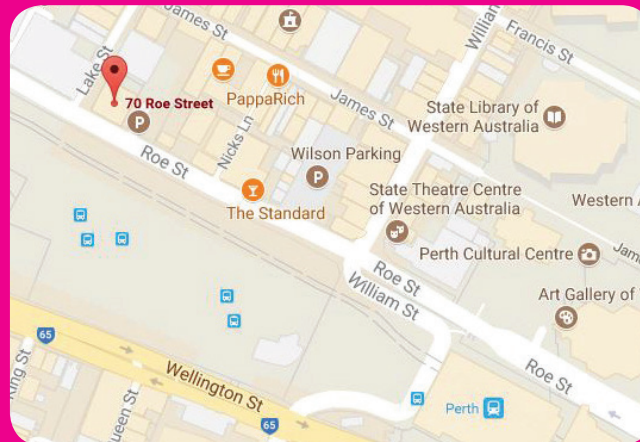
Find SHQ on social media   

## For more information contact:

**SHQ (Sexual Health Quarters)**  
70 Roe Street, Northbridge WA 6003  
☎ 9227 6177 ✉ info@shq.org.au

**Sexual Health Helpline**  
Metropolitan callers ☎ 9227 6178  
Country callers ☎ 1800 198 205  
✉ sexhelp@shq.org.au

**Counselling**  
70 Roe Street, Northbridge WA 6003  
☎ 9228 3693 ✉ counselling@shq.org.au



shq.org.au



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# Sexually

# Transmissible

# Infections



## What are sexually transmissible infections (STIs)?



STIs are infections that can be passed from person to person during:



Vaginal sex



Anal sex



Oral sex



STIs are very common; many people will get an STI in their lifetime.



If left untreated, STIs can have long-term effects on your health.

There are many different STIs, including:

Chlamydia	Gonorrhoea	Syphilis	Genital herpes
Genital warts	HIV	Pubic lice	Hepatitis B

Most STIs are passed on through certain body fluids or by genital skin to skin contact



Semen



Vaginal fluids



Blood



Genital skin contact

## How do I know if I have an STI?



Most STIs have no obvious symptoms, so you or your partner/s could have an STI without knowing it.

STIs can sometimes show the following symptoms:

- ▶ discharge from the genitals
- ▶ pain when peeing
- ▶ pain during sex
- ▶ unusual sores / lumps / rashes
- ▶ unusual bleeding patterns

Sometimes symptoms go away by themselves, but the infection can stay in your body and cause harm.



If you've ever had vaginal, anal or oral sex, the only way to know if you have an STI is to get tested.

## How do I get an STI test?



Choose a service you are comfortable with:

Local doctor

Sexual health clinic

Health service

Testing is simple. You will be asked some questions, including what type of sex you've had and if you have any symptoms of infection. A simple urine, swab or blood sample is often all that's needed.



[couldihaveit.com.au](http://couldihaveit.com.au)

- ▶ STI testing locations
- ▶ Free online chlamydia testing



## How are STIs treated?



Some STIs can be treated easily with antibiotics (chlamydia, gonorrhoea and syphilis).



Viruses such as genital herpes, genital warts, HIV and Hepatitis B can be effectively treated to manage symptoms.

## How can I reduce my risk of getting an STI?



### Get tested

Have an STI test every year, or more often if you change sexual partners.



### Get vaccinated

Vaccines are available to protect against Hepatitis B and the viruses that cause genital warts and cervical cancer.



### Use protection

Using condoms correctly and consistently for vaginal and anal sex will protect you from most STIs.



Some STIs are passed on through oral sex. Using condoms or dams correctly and consistently is the best way to protect yourself. A dam is a sheet of latex used as a barrier for oral-vaginal or oral-anal sex.