

## Is there anything else I need to know?



Condoms and dams offer the best protection against STIs.



Other methods of contraception don't protect from STIs.



Talk to your partner/s about STIs and getting tested.

## SHQ offers confidential and affordable sexual health services

### Free sexual health helpline

Our nurses are available to confidentially answer your questions about:

- ▶ Contraception
- ▶ STIs
- ▶ Unintended pregnancy
- ▶ Cervical screening
- ▶ Sexual health

☎ 08 9227 6178 ✉ [sexhelp@shq.org.au](mailto:sexhelp@shq.org.au)

### Clinic - STI testing and treatment

- ▶ Some bulk billing options and same day appointments available
- ▶ STI appointments can be booked online

### Counselling

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

## Looking for more information?



### Sexual Health Quarters (SHQ)

☎ 08 9227 6177 ✉ [info@shq.org.au](mailto:info@shq.org.au)  
70 Roe Street, Northbridge WA 6003

### Sexual Health Helpline

☎ 08 9227 6178 ✉ [sexhelp@shq.org.au](mailto:sexhelp@shq.org.au)

Find us on social media



[shq.org.au](http://shq.org.au)



SHQ is on Whadjuk land. We acknowledge the Traditional Custodians of Country across Australia.

© The Family Planning Association of Western Australia (Inc.) May 2023

## Sexual Health Quarters

# 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 common; easily treated and managed. Many people will get an STI in their lifetime.



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

There are many different STIs, including:

Chlamydia	Gonorrhoea	Syphilis
Hepatitis B	HIV	Genital herpes

STIs are passed on through body fluids or by genital skin to skin contact during sexual contact



Semen



Vaginal fluids



Blood



Genital skin contact

## Symptoms

Most STIs have no symptoms, someone could have an STI without knowing it.

Symptoms may include:

- ▶ unusual discharge
- ▶ pain when peeing
- ▶ pain during or after sex
- ▶ sores / lumps / rashes
- ▶ unusual bleeding



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?

You can choose where you want to get a test:

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. A simple urine, swab or blood sample is often all that's needed.



## Resources



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

- ▶ STI testing locations
- ▶ Free online chlamydia and gonorrhoea testing

## How are STIs treated?

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



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

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

### Use protection

Using condoms correctly and consistently for vaginal and anal sex.



Some STIs are passed on through oral sex.

Using condoms or dams 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.

### Get tested

Have an STI test every year and every time you have a new sexual partner.



### Get vaccinated

Vaccines are available to protect against Hepatitis B and HPV, the virus that if untreated may lead to cervical cancer.

