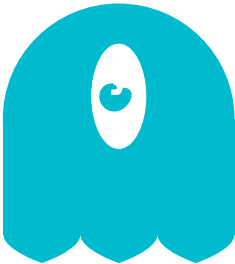
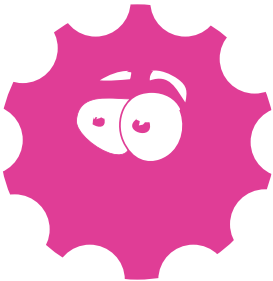
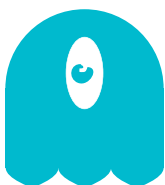
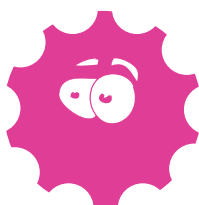
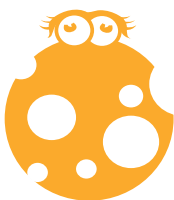
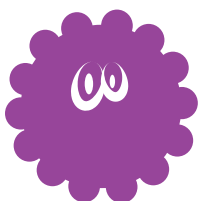
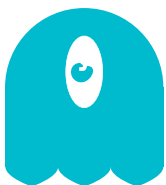
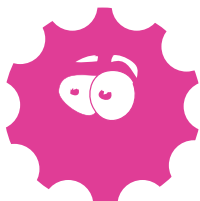
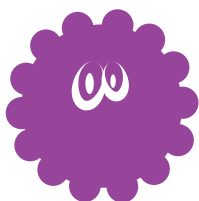
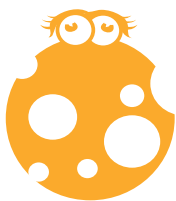















your best defence



Keeping an eye on **STIs**



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let's talk about it

Healthy relationships

Talking with your partner about sexual health and contraception may seem difficult, but it's an important part of forming a healthy relationship.

It's important to discuss if either of you has had a sexually transmissible infection (STI) in the past (your sexual history) and it's a good idea for you both to have a sexual health check-up. This is also the time to talk about practising safe sex to reduce your chance of STIs and unplanned pregnancy.

This is part of staying in control of your sex life; it doesn't mean you don't trust your partner, or that you are hiding anything. In a healthy relationship, your partner will respect you for taking care of your health and theirs.

Sex and Sexually Transmissible Infections

STIs are infections which can be passed from one person to another during sexual activities that involve direct skin-to-skin contact and/or the exchange of bodily fluids.

Like other infections, STIs are caused by organisms such as bacteria, viruses or parasites.

STIs often have no symptoms so you may not know if you or a partner has an STI.

If left untreated, STIs can cause damage to the body and lead to health problems.

It doesn't matter who you are, anyone can get an STI; it can take just one unprotected hook-up.

It's important to know about STIs, even before you become sexually active, so you can protect yourself and your partner and reduce your chance of getting an STI.

Anyone can get an STI; they are most common in young people aged 15-29 and often have no symptoms.

'Sexually active' refers to activities that could put you at risk of STIs or pregnancy.

What does 'sexually active' mean?

These activities include:

- vaginal sex (penis in vagina)
- anal sex (penis in anus)
- oral sex (licking, sucking, kissing partner's genitals)
- oral-anal sex (licking, kissing partner's anus)
- manual sex (touching/fingering your partner's vagina, penis or anus)
- naked dry sex (rubbing bodies together without clothes on, but no penetration)
- sharing sex toys

All of these activities can put you at risk of getting an STI.

Consent

Remember to always gain consent from your partner before any sexual activity.

Consent means that both people want, agree, and feel comfortable with the type of sexual activity they are about to do together.

However, anyone may decide at any time that they want to stop that activity and take away their consent.

If you or your partner says 'no', the other person must respect that decision.

Non-consensual sexual activity is against the law and is classified as sexual assault.

If you have experienced sexual assault it's important to tell someone. In an emergency situation call 000. To talk to someone about it call 1800 RESPECT 24 hours a day.

protecting yourself and your partner from STIs

Safe sex - your best defence against STIs

The best way to reduce your chance of getting an STI is to have 'safe sex'.

Safe sex means always using a condom or dam for any sexual activity involving vaginal, anal or oral sex. These barrier methods of protection minimise the amount of skin-to-skin contact and stop the transfer of bodily fluids.

Barrier methods of protection include:

- Male Condoms
- Female Condoms
- Dams (only used for oral sex)
- Gloves (only used for manual sex - using your hand to touch/finger your partners genitals)

Some ways to encourage safe sex with your partner:

- offer to buy condoms together
- buy condoms online
- experiment with different styles, sizes, shapes and flavours of condoms
- involve condoms/dams in foreplay

Preventing an STI is easier than treating an STI.

Condoms (male and female) are the only form of contraception that also protect against STIs.



Safe sex and contraception

Condoms provide protection from STIs and pregnancy when used correctly; however girls might like to consider using another form of contraception as well - such as the contraceptive implant ('the rod') or 'the pill' - to further reduce the chance of pregnancy.

Did you know pre-cum fluid has sperm in it and can also contain STIs!

You don't have to have sex to be intimate with your partner

There are many ways to be physically intimate with your partner without having vaginal, anal or oral sex. If you don't want to have sex, or don't have any condoms with you, there are safer sexual activities you can do together that have no risk or low risk of STIs and pregnancy.

Low risk sexual activities

- Kissing, cuddling
- Deep kissing
- Massage
- Stroking, rubbing, touching
- Mutual masturbation (when touching your own genitals in front of your partner, and your partner touching their own genitals at the same time)
- Dry sex with clothes on (sometimes called 'dry humping')

Always gain consent from your partner before any sexual activity.



male condom

The male condom is a thin latex rubber or polyurethane (a type of soft plastic) covering which is rolled onto an erect (hard) penis before having sex.

How does it protect against STIs?

Worn on the penis during vaginal, anal or oral sex, the male condom provides a barrier which catches the guy's semen and stops the transfer of bodily fluids between partners.

Using a water-based lube on the outside of a condom makes it slippery, and also helps stop the condom from breaking - particularly when used for anal sex.

Condoms are the best way of preventing most STIs; however they don't always prevent STIs that are spread through close skin-to-skin contact.

Where can I get male condoms?

- Family Planning NSW clinics
- Sexual health clinics
- Youth centres
- Supermarkets
- Pharmacies/chemists
- Vending machines in some public toilets
- Online stores

**The average speed
guys ejaculate is
45kms/hour!**

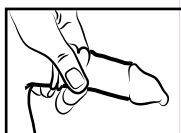
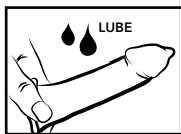
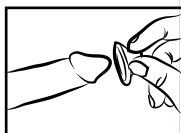
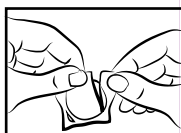
Tips

- The condom should be put on an erect (hard) penis before any contact between the penis and partner's genitals, mouth or anus.
- There are many brands, sizes and flavours of condoms, so find some that are comfortable and enjoyable for you and your partner.
- Never put two condoms on at once, as they will be more likely to break.
- Each condom can be used once only.
- Use a new condom when changing between vaginal, anal and oral sex.
- If the condom breaks call Family Planning NSW Talkline 1800 658 886 for advice on STI testing and emergency contraception.



How to use a male condom

- Gain consent (don't forget to ask!).
- Check the expiry date.
- Carefully open the condom packet (do not use your teeth or scissors).
- Check the condom is the correct way up.
- Pinch the tip of the condom with one hand (this removes the air and makes space for the semen/cum).
- While still pinched, place the condom on the head of the penis when it's erect (hard).
- With your other hand roll the condom down to the base of penis.
- Put some water-based lube on the outside of the condom if you like (recommended during anal sex).
- You are now ready to have sex - check the condom doesn't break or slip down during sex - if this happens, stop and put a new one on.
- After sex, while the penis is still hard, carefully withdraw the penis while holding the base of the condom.
- Remove the condom slowly so it doesn't spill or turn inside out.
- Tie the condom in a knot to keep the fluid inside it.
- Wrap the condom in a tissue and put it in the bin (not down the toilet).



Always ask for consent from your partner before you have sex.



female condom

The female condom is like a large, loose-fitting male condom made of polyurethane (a type of soft plastic), which is inserted into the vagina before having sex.

How does it protect against STIs?

Worn inside the vagina during vaginal sex, the female condom provides a barrier which catches the guy's semen and stops the transfer of bodily fluids between partners.

The female condom can provide more protection from skin-to-skin transmitted STIs [genital warts (HPV) and genital herpes] than the male condom, as it covers a larger area of the female external genitals and the base of the penis during vaginal sex.

Where can I get female condoms?

- Family Planning NSW clinics and online store
- Some sexual health clinics
- Some pharmacies / chemists
- Online stores

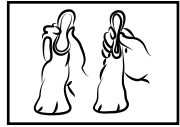
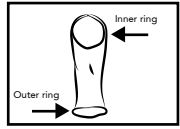
Tips

- Do not use a female condom together with a male condom.
- If the female condom gets twisted or breaks, remove it and use a new one.
- Each female condom can be used once only.
- Use a new female condom when changing between vaginal and anal sex.
- If the female condom breaks call Family Planning NSW Talkline 1800 658 886 for advice on STI testing and emergency contraception.

The clitoris is the only organ in the human body with no other purpose than for sexual pleasure!

How to use a female condom

- Gain consent (don't forget to ask!).
- Check the expiry date.
- Carefully open the packet (do not use your teeth or scissors).
- The female condom has two rings: the outer ring covers the area around the vagina opening, and the inner ring is used for inserting the condom into the vagina.
- Squeeze the sides of the insertion ring together at the closed end of the condom.
- Find a comfortable position to insert the condom (squat, lie down or raise one leg on a chair).
- Gently insert the condom into the vagina like a tampon.
- Using one finger inside the condom, push the inner ring as far as it can go into the vagina, making sure the condom is not twisted.
- The condom is now in place.
- When you are ready, guide your partner's penis into the opening of the female condom with your hand so it enters correctly.
- After sex, remove the female condom by twisting the outer ring to stop the sperm leaking out.
- Then gently pull the condom out of the vagina.
- Tie the condom in a knot, wrap it in a tissue and put it in the bin (not down the toilet).





dam

The dam is a thin sheet of latex rubber or silicone that some people choose to use during oral sex (mouth to vagina or mouth to anus).

How does it protect against STIs?

The dam provides a barrier between the mouth and the vagina or anus, preventing the transfer of bodily fluids between partners.

When used correctly, the dam prevents skin-to-skin contact and can help to reduce the risk of getting STIs such as herpes and genital warts (HPV).

Where can I get dams?

- Family Planning NSW clinics and online store
- Some sexual health clinics
- Some pharmacies / chemists
- Online stores

Always ask for consent from your partner before you have oral sex.

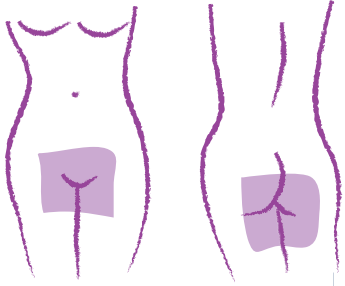
Tips

- Each dam can be used once only.
- Dams come in different flavours, so find one that you and your partner enjoy.
- Make sure the dam is kept the same way during oral sex - one side in contact with the genitals, the other side in contact with the mouth. If unsure, get a new dam.
- Always use a different dam when switching between mouth to anus and mouth to vagina to minimise transfer of bacteria from the anus to vagina.
- A water-based lubricant used on the underside of the dam (side in contact with the vagina or the anus) may increase pleasure.



How to use a dam

- Gain consent (don't forget to ask!).
- Check the expiry date.
- Carefully open the plastic packet (do not use your teeth or scissors).
- Put some water-based lube on one side of the dam if you want.
- Lay the dam flat (lube side down) covering the vaginal or anal area.
- Hold the edges of the dam during oral sex to keep it in place, taking care not to stretch it.
- After oral sex wrap the dam in a tissue and put it in the bin (not down the toilet).



The dam is not a form of contraception and does not prevent pregnancy. It can only be used for oral sex activities, not for penetrative sex (penis in vagina or anus).

Gloves (latex or polyurethane) can be used as a protective barrier for manual sex (using your hand to touch / finger your partner's genitals); particularly if there are cuts or sores on the hand or if the girl has her period.



lubricant (lube)

Lube is a slippery liquid used during sex to make everything nice and wet. This helps to create extra smoothness and increases sensitivity which can make sex more pleasurable.

How does it protect against STIs?

Lube helps to decrease friction during sex. Too much friction during sex can cause chafing and tiny tears in the soft tissue of the vagina and/or anus creating a higher risk of STIs and other infections being passed on.

Lube can help prevent condoms or dams from breaking by making them more slippery.

Always use a water-based lube as this is safe for use with latex condoms and dams.

Where can I get lube?

- Family Planning NSW clinics
- Some sexual health clinics
- Supermarkets
- Pharmacies / chemists
- Online stores

Using lube increases pleasure for both girls and guys!

Tips

- Condoms come pre-lubricated but you can add more lube.
- Never use oil-based lube such as Vaseline or massage oils as these can cause the condom/dam to break.
- There are many types of water-based lube including different sensations and flavours, so find one that you and your partner enjoy.
- Using flavoured lube with condoms/dams can make safe oral sex more pleasurable and fun.
- A small amount of lube goes a long way so you don't need much each time.

How to use lube

Condom: When the condom is on the penis, and before having vaginal, anal or oral sex, put some lube on the outside of the condom. Don't put lube on the penis under the condom as it can cause the condom to slip off.

Female condom: Lube can be put on the penis before sex using the female condom.

Dam: Apply lube to the underside of a dam (the side in contact with the vagina or anus) during oral sex. You can also add some flavoured lube to the upper side of the dam if you want.

Glove: Apply lube to the outside of the glove before manual sex.

Lube can also be used during other sexual activities like mutual masturbation and when using sex toys.

Remember, use
water-based lube
(not oil-based) when
using condoms, dams
or gloves.



sexual health checks

A sexual health check is a check-up by a doctor or nurse for sexual health problems like STIs.

When do I need a sexual health check?

- If you have ever been sexually active and have not had an STI test.
- If you are starting a new sexual relationship.
- If you have had unprotected sex (without using a condom or dam), including vaginal, anal and oral sex.
- If you have symptoms such as genital discharge and/or itching, pain when you pass urine or during sex, pain low in your abdomen, or irregular bleeding from the vagina - especially after sex.
- If your partner has an STI.
- If you have had a condom break or fall off during sex.
- If you or your partner have more than one sexual partner.
- If you have shared needles for drugs, tattooing or piercing.
- If you and your partner decide to start having sex without using a condom.
- If you are planning a pregnancy or are already pregnant.

What are the benefits of regular sexual health checks?

- Less stress! Knowing you are taking control of your sexual health.
- Stronger relationship with your partner; trust, communication and respect for each other's body and health.
- Opportunity to talk with your doctor about contraception and any other sexual health issues.

A guy will ejaculate half a trillion sperm in his life time!



If you are sexually active, regular sexual health checks are a great idea – even if you've always had safe sex.

Where do I go for a sexual health check?

- Family Planning NSW clinics
- Sexual health clinics
- Your doctor

What happens if an STI is left untreated?

Many STIs have no signs or symptoms so you may not know if you or your partner has one.

If left untreated, some STIs can cause chronic pain and/or permanent damage to the reproductive system in both girls and guys and can result in infertility (not able to make a baby).

Other STIs can cause ongoing irritation and unpleasant symptoms that may keep coming back.

How much will it cost?

Family Planning NSW and sexual health clinics in NSW are either free or will bulk bill you for a consultation. It's a good idea to take your Medicare card with you if you have one.

Did you know you can apply for your own Medicare card once you are 15 years old?

For more information go to www.medicareaustralia.gov.au or call Family Planning NSW Talkline on 1300 658 886.



Your privacy

All medical services are private and confidential. Other people can't access your health information without your permission except in extreme situations; for instance, if you are at significant risk of harm to yourself or others.

What's involved in a sexual health check?

To decide which test/s you may need, the doctor or nurse will ask some standard questions about:

- your general health
- your sexual history (e.g. sexual activities, any previous STIs)
- any signs or symptoms you have experienced
- any medications you may be taking

While some of the questions may seem personal, it's important to be open and honest in your answers.

This will allow you to receive the right tests and advice to keep you healthy.

STI testing may include a:

- urine test (pee in a cup)
- blood test
- swab from the back of the throat, tip of the penis or inside the vagina
- swab from a sore and/or blister
- simple physical examination

It's a good idea to request a HIV test as this is not always included in a sexual health check.

A Pap test for women does not test for STIs. It checks for early changes in the cells of the cervix (the neck of the womb) which, if left untreated, could develop into cervical cancer. However, you can ask to have an STI test done at the same time.

Will it hurt?

STI testing is simple and shouldn't hurt. There may be a bit of discomfort for a short time with some tests. In most cases you will only need to pee in a cup.

There is no need to be embarrassed or nervous about the test. Doctors and nurses are professionals and do this every day; it's just another part of your body that needs to be kept healthy.

Telling partners

If you test positive for an STI, it is important to tell your partner/s so they can be checked and treated as well. This is called 'contact tracing' or 'partner notification'.

If you are not comfortable contacting your previous partner/s, your doctor or nurse can help you - whilst respecting your confidentiality and not revealing your name.

For more information about telling partners go to www.letthemknow.org.au



Remember, what you discuss with your doctor is confidential.

The most common STIs in young people are Chlamydia, Genital Warts and Herpes.

STIs

There are three main categories of STIs

1. Bacterial

- Chlamydia
- Gonorrhoea
- Syphilis

Bacterial STIs are caused by bacteria and can be easily cured with antibiotics (tablets or injection).

2. Viral

- Genital Herpes (HSV)
- Genital Warts (HPV)
- HIV
- Hepatitis B

Viral STIs are caused by viruses and there are treatments available to manage the symptoms.

Some viral STIs can eventually clear from the body by themselves, while others like HIV stay in the body for life.

There are vaccinations available for both HPV and Hepatitis B to help prevent getting these viruses.

3. Parasitic

- Pubic Lice
- Trichomoniasis

Some STIs are caused by parasites. These can be cured with special creams / lotions applied to the skin or with antibiotics.



Chlamydia

(Clam-id-ee-a)

Chlamydia is a bacterial infection that can infect the reproductive organs in girls and guys. Less commonly, it can infect the throat, and anus.

How is it passed on?

- Unprotected vaginal, anal or oral sex
- Sharing sex toys

Chlamydia is the most common STI among young people in Australia.

Symptoms

Usually no symptoms, but may include:

- unusual discharge (fluid) from the penis, vagina or anus
- pain during sex
- pain when peeing
- girls may notice bleeding in between periods or after sex
- lower abdominal pain

Chlamydia is known as the 'silent infection' as most people have no signs or symptoms.

How is it tested?

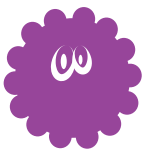
- Urine test (pee in a cup) and/or
- Swab test from the vagina, anus or throat

How is it treated?

- A single dose of antibiotic tablets.
- Your sexual partner/s will need to be tested and treated to avoid re-infecting each other.
- Avoid having sex for seven days after you have both been treated to prevent passing the infection onto your partner/s or becoming infected again yourself.
- A follow-up test in three months' time to make sure you haven't got the infection again.

How can I prevent getting it?

- Use a condom during vaginal, anal or oral sex and when sharing sex toys.



Gonorrhoea

(Gon-or-ee-a)

Gonorrhoea is a bacterial STI that can infect the reproductive organs in girls and guys. It can also infect the urethra (tube you pee through), mouth, throat and anus.

How is it passed on?

- Unprotected vaginal, anal or oral sex
- Sharing sex toys

Symptoms

Often no obvious symptoms, but may include:

- pain / burning feeling when peeing
- unusual discharge (fluid) from the vagina, penis or anus
- pain during sex
- sore dry throat
- conjunctivitis (eye inflammation)
- girls may notice bleeding in between periods
- lower abdominal pain

How is it tested?

- Urine test (pee in a cup)
- and/or
- Swab test from the vagina, anus or throat

How is it treated?

- An antibiotic injection.
- Your sexual partner/s will need to be tested and treated to avoid re-infecting each other.
- Avoid having sex for seven days after you have both been treated to prevent passing the infection onto partners or becoming infected again yourself.
- A follow-up test in three months' time is recommended to make sure the infection is gone.

How can I prevent getting it?

- Use a condom and/or dam during vaginal, anal or oral sex and when sharing sex toys.



Syphilis

(Sif-ill-is)

Syphilis is a bacterial infection that infects the penis, vagina, throat and anus. It travels in the blood stream and can cause serious health problems throughout the body if not treated.

How is it passed on?

- Unprotected vaginal, anal or oral sex
- Direct skin-to-skin contact, especially when sores or rashes are present
- Sharing sex toys
- Pregnancy/childbirth - infected mother to baby

Symptoms

Often only mild symptoms, but may include:

- a painless sore in or around the mouth and/or penis, vagina, or anus
- in later stages, a rash can develop on the upper body, palms of the hand or soles of the feet

How is it tested?

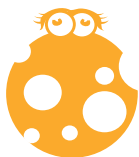
- Blood test

How is it treated?

- Antibiotic injections - the sooner you get treated, the less treatment needed.
- Avoid having sex until your doctor says your treatment has been successful.
- Your sexual partner/s will need to be tested and treated to avoid re-infecting each other.
- Follow-up blood test to ensure the infection is gone.

How can I prevent getting it?

- Use a condom and/or dam during vaginal, anal or oral sex and when sharing sex toys.
- Use a latex glove during manual sex.
- Avoid contact with any sores and rashes.
- No sexual contact with anyone diagnosed with syphilis (not even using a condom) until after their treatment has finished.



Genital Herpes

(HSV)

Genital herpes is a common STI caused by the Herpes Simplex Virus (HSV); Type 1 commonly appears around the mouth (cold sores) and Type 2 commonly appears on the genitals. Either type can occur in either area.

How is it passed on?

- Direct skin-to-skin contact - including vaginal, anal or oral sex
- HSV can be passed on even when there are no visible sores / symptoms.

Symptoms

Often no symptoms, but may include:

- stinging or tingling in the affected area around the genitals
- painful blisters or itchy sores on the genitals
- pain when peeing
- flu-like symptoms (tiredness, muscular aches, swollen glands)

If symptoms do occur, they usually only last for about a week but they can come back.

How is it tested?

- Physical examination of blisters or sores
- Swab test from a blister or sore

How is it treated?

- Antiviral tablets can sometimes be helpful
- Mild pain relieving medication
- Creams to soothe irritation
- Salt water bathing

How can I prevent getting it?

- Avoid vaginal, anal or oral sex if blisters or sores are present - the virus is most infectious at this point.
- Use a condom and/or dam during vaginal, anal or oral sex (condoms will reduce risk although they only protect the area being covered).



Genital Warts

(HPV)

Genital warts are caused by some types of the Human Papilloma Virus (HPV).

How is it passed on?

- Direct skin-to-skin contact – including vaginal, anal or oral sex.

HPV can be passed on even when there are no visible warts or symptoms.

Symptoms

- Small lumps (warts) anywhere on the genitals (internally and/or externally), and/or in throat or mouth.

The lumps may be itchy but are not usually painful. They may take months to appear or, if internal, may not be easily visible.

How is it tested?

- Physical examination for visible warts on the skin around the genitals and anus.

How is it treated?

- Warts may disappear within a couple of years without any treatment.
- Visible warts can be treated with a special cream (available from your doctor).
- Some warts may be removed by your doctor using freezing or burning treatment/s.

Although treatment can remove the physical signs of the virus, it may take longer before the virus is completely removed from the skin cells and the warts may come back.

How can I prevent getting it?

- The HPV vaccination (Gardasil) can protect against two types of HPV that commonly cause genital warts and another two that can cause cervical cancer.
- Use a condom and/or dam during vaginal, anal or oral sex (condoms/dams will reduce risk although they only protect the area being covered).



HIV

HIV (Human Immunodeficiency Virus) is a virus that damages the body's immune system making it hard to fight off infections in the body. Over time, HIV can develop into AIDS (Acquired Immune Deficiency Syndrome).

HIV lives in four kinds of bodily fluids:

- blood
- semen (cum, including pre-cum)
- vaginal fluid
- breast milk

How is it passed on?

- Unprotected anal or vaginal sex
- Sharing sex toys
- Sharing needles / drug injecting equipment
- Non-sterile (unclean) tattooing and body piercing equipment
- HIV infected mother to baby during pregnancy, childbirth or breastfeeding

Symptoms

Many people with HIV don't show symptoms for many years. The only way to tell if you have HIV is to get tested.

Some symptoms after the first few weeks of infection may include:

- flu-like symptoms (tiredness, muscle aches, fever)
- night sweats
- rash
- swollen glands

How is it tested?

- Blood test

An important benefit of getting tested is early diagnosis, which enables early treatment.

How is it treated?

- If found early, antiretroviral treatment can slow the infection and delay or prevent the development of AIDS.
- Antiretroviral treatment not only improves health and wellbeing but also reduces the risk of transferring HIV to others.
- Your sexual partner/s will need to be tested and advised of treatment options.

How can I prevent getting it?

- Use a condom during vaginal or anal sex and when sharing sex toys.
- It is a legal requirement for people infected with HIV to inform any potential sexual partners of the diagnosis before having sex, even if condoms are being used.
- Never share needles or other injecting equipment.
- Only have tattooing and piercing done by licenced, trained professionals.

Post Exposure Prophylaxis (PEP) can help prevent HIV infection if taken within 72 hours after being exposed to the virus. If you have been exposed to HIV, visit your doctor, hospital A&E department, or sexual health clinic immediately.

For further information about PEP call 1800 PEP NOW (1800 737 669). The service operates 24 hours.

You cannot get HIV from:

- physical contact such as hugging, shaking hands, toilet seats, or sharing utensils, cups and glasses
- bodily fluids such as saliva, sweat or tears
- insect or mosquito bites



Hepatitis B

(Hep B)

Hepatitis B is an infectious virus that can cause serious disease of the liver. Hep B is found in blood as well as semen, vaginal fluid and saliva.

How is it passed on?

- Unprotected vaginal, anal or oral sex
- Sharing personal items e.g. toothbrushes, razors, sex toys
- Sharing needles or injecting equipment
- Non-sterile (unclean) tattooing or piercing equipment
- Contact sports where there are cuts or grazes
- Pregnancy/childbirth – infected mother to baby

Symptoms

Often none, but symptoms within 3 months may include:

- feeling like throwing up (nausea)
- flu like symptoms (fever, extreme tiredness, stomach pain)
- urine or faeces (poo) can be a strange colour
- skin and eyeballs can look yellow (jaundice)
- not feeling very hungry

How is it tested?

- Blood test

How is it treated?

- If you have been exposed to Hep B, an injection from your doctor may help to prevent infection.
- Most people will recover without treatment – just with rest, plenty of fluids and no drugs or alcohol.
- A very small number of people will continue to have the infection and can have serious health problems.

How can I prevent getting it?

- Get vaccinated against Hep B.
- Use a condom during vaginal, anal or oral sex and when sharing sex toys.
- Never share needles, injecting equipment or personal items.
- Tattooing/piercings done by licenced, trained professionals.

There is a combined Hep A / Hep B vaccination. Talk to your GP or sexual health clinic for more information.



Trichomoniasis

(Trike-o-moan-eye-a-sis)

Trichomoniasis is an infection caused by a microscopic parasite in the vagina or urethra (tube you pee through). This is not usually a very common infection.

How is it passed on?

- Unprotected vaginal sex
- Shared sex toys that have been in contact with bodily fluids

Symptoms

Often no symptoms but may include:

- frothy, yellow-green discharge (fluid) from the vagina
- unpleasant vaginal odour (smell)
- irritation – itching burning in the vagina
- guys may have a burning pain when peeing

How is it tested?

- Swab test from the vagina or penis

How is it treated?

- A single dose of antibiotic tablets.
- Sexual partner/s will need to be treated at the same time.
- Avoid having sex while you are taking the antibiotics and for seven days after you have both been treated to prevent passing the infection onto someone else or becoming infected again yourself.

How can I prevent getting it?

- Use a condom during vaginal sex and when sharing sex toys.



Pubic Lice

(Crabs)

Pubic Lice are insects shaped like tiny crabs. The female lays eggs (nits) on the base of hairs which hatch and the lice cling to the hairs.

They live in body hair, mainly around the genital area, and feed on human blood.

How is it passed on?

- Close body contact
- Sharing clothing, towels or sleeping in the same bed as an infected person

Symptoms

- Severe itching
- Rash on genital area
- Visible eggs or lice on hairs
- Powdery black droppings in your underwear or bed

Lice can live up to 30 days on the human body and up to 24 hours on clothes or bed linen.

How is it tested?

- Physical examination for eggs or lice

How is it treated?

- Special lotions available from your local pharmacy or doctor.
- Sexual partner/s need to be treated at the same time.
- Other household members will need to check themselves and be treated if needed.
- Clothes, towels and sheets need to be washed in hot water on the day of treatment.

How can I prevent getting it?

- Avoid sexual activity with infected partners.

Shaving the pubic hair will not remove all the lice as they can burrow into the hair follicles.

Condom Credit Card



The Condom Credit Card (CCCard) Project is a friendly, confidential way for young people to get FREE condoms.

Simply go to a Family Planning NSW clinic or a youth service that displays the CCCard posters and ask for your own CCCard. Then you receive free condoms every time you present your CCCard at a registered provider.

For more information about the project or to find out where your nearest CCCard provider is:

www.fpnsw.org.au/ccc

**Get a Condom
Credit Card today!**



Family Planning NSW

Family Planning NSW specialises in sexual health information and services for girls and guys. Our friendly doctors and nurses have up-to-date information on STIs. They can advise you about methods to help prevent contracting STIs, and of the best treatment options if you do have an infection.

Also available in this series are:

- **What Suits Me? Contraception options for girls and guys**
- **Me, Myself and I: Puberty information for every body**

Find out more at: www.fpnsw.org.au/youngpeople

Connect with us

Find us online for news, information, resources and campaigns. We also share videos, photos and Family Planning NSW events.



Our Facebook page isn't able to give you one-on-one consultations. If you need medical advice, please visit one of our clinics or call our Family Planning NSW Talkline 1300 658 886.

For more information about sexual health and STIs go to:



www.playsafe.health.nsw.gov.au

just
ask_{us}

1300 658 886

Family Planning NSW Talkline

fertility

pregnancy
options

contraception

sexually
transmissible
infections (STIs)

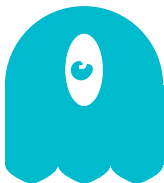
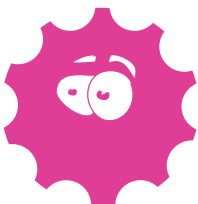
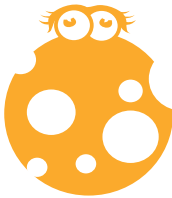
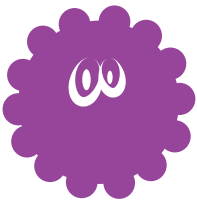
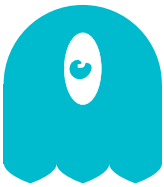
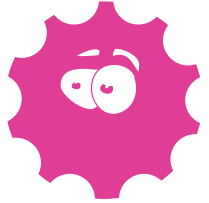
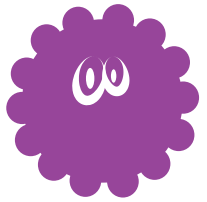
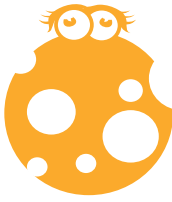
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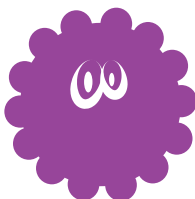
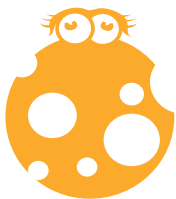
men's sexual
health

puberty

menopause

Family Planning NSW also answers questions about reproductive and sexual health over the phone: **Family Planning NSW Talkline** 1300 658 886 open 8:30am to 5pm weekdays or by email via the Family Planning NSW website www.fpsw.org.au/talkline





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