



Am I at risk?

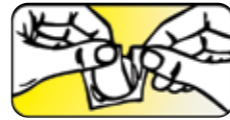
You should get an STI test if any of these are true for you:

- I have had unsafe sex (without a condom, condom not used properly, condom fell off or condom broke).
- I have had a new partner or more than one partner in the last year.
- I have discharge, pain, or sores in my sex parts.
- I have had sex with someone who has an STI.
- I can't remember if I had unsafe sex (e.g. I was drunk or drugged).
- I am not using condoms because I want to have a baby.

If you said yes, even once, get an STI check.

Condoms stop STIs from spreading

- Check date and seal of the packet – old condoms break.
- Open the packet carefully (don't use teeth).
- Roll on when the penis is hard.
- Pinch the tip so air doesn't get trapped as you roll down.
- Put on some water based lube.
- Hold the condom on your penis when you pull out, so semen (cum) doesn't spill out.
- Throw the condom in the bin – not down the toilet.
- Don't store condoms in the sun or glove box. Heat will destroy them.



Where to get help

- See your local health clinic or doctor
- Call the Sexual Health Helpline
9227 6178 metro
1800 198 205 country

For more information on STIs and HIV visit healthywa.wa.gov.au or couldihaveit.com.au

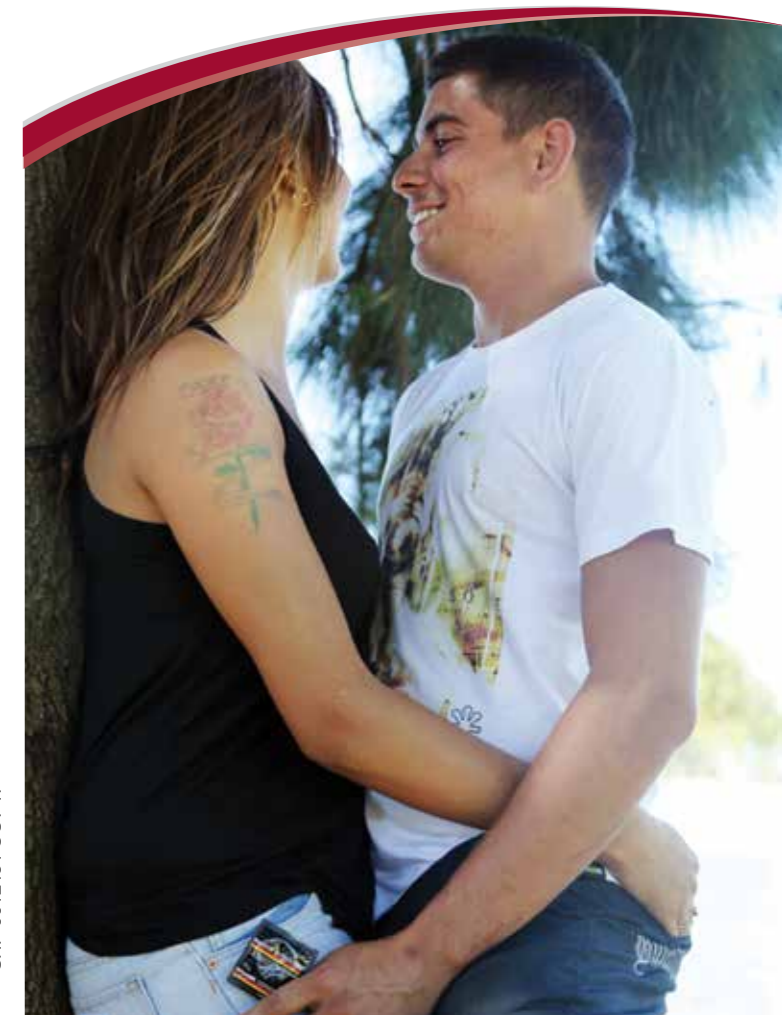


This document can be made available in alternative formats on request for a person with disability.

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All about sexually transmitted infections (STIs)



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You can get help and treatment if you have an STI.

What if I think I have an STI?

Many people don't have any signs of sickness when they have an STI. You can feel perfectly OK and not realise you have an infection. But even if you don't notice any signs, the infection can be making you sick on the inside.

You can't tell by looking at a person whether they have an infection or not

Sometimes a person may notice pain, discharge, itchiness, rash or sores in their sex parts. If you notice any of these signs, or if you have had sex without a condom, get a test quickly from the clinic or your GP. All you need for a simple STI test is a sample of urine (piss) or a swab you can do yourself.

To have a complete STI check, which tests for most of the infections, you will need to have a swab and give a sample of urine and blood. Most STIs are curable with antibiotics. Let your sex partner know so they can get a check as well.

The earlier you find an STI, the easier it is to treat, and less damage is done to your body.

What if I don't get treated?

Even if you have no signs of an STI, it can still be causing damage on the inside. If you don't get treated, the infection will keep damaging your body and you can pass it to your sex partner.

Men and women who have an STI can have trouble making babies

STIs can damage the reproductive (baby making) parts in men and women. Men can get painful swollen testes (balls) and women can get sore and inflamed inside (Pelvic Inflammatory Disease or PID). Because of this, men and women who have an STI can have trouble making babies.



Some STIs can make your whole body sick for a long time

If a pregnant woman has an STI, her baby can get very sick. Pregnant women should have a check and get treatment so the baby won't get sick or die.

Remember, the earlier you find an STI, the easier it is to treat, and less damage is done to your body. So don't be shame, ask for a test if you think you might have an STI.

People you have had sex with

If you have been treated for an STI, it is important to let your sex partner(s) know so they can get tested and treated, too. If you want, the clinic can do it for you without telling anyone your name.

There is also a website that you can use to send your sex partner(s) a text message (SMS) or email without using your name. Visit bettertoknow.org.au.

If your sex partners are not treated, you might get that STI back again!

How do I stop STIs?

- Have an STI/HIV check if you are at risk (**Am I at risk?** See next page).
- Use condoms and water based lube every time you have sex.
- Stay with one partner.
- Have regular health checks.