

Information on Sexually Transmitted Infections (STIs)

Many individuals experience sexually transmitted infections (STIs), and if left untreated, STIs can lead to serious health problems.

What is an STI?

An STI is an infection transmitted through sexual contact. Examples of STIs include chlamydia, gonorrhoea, syphilis, HIV, and Hepatitis B/C.

How can a person know if they have an STI?

A person with an STI may experience mild symptoms or none at all. Potential symptoms include:

- Vaginal or penile discharge
- Genital itching or burning
- Painful urination
- Genital sores or warts
- Pelvic pain

Why is it important to screen and treat an STI?

Undiagnosed and untreated STIs can cause complications, including chronic pelvic pain, pelvic inflammatory disease, infertility, and issues during pregnancy.

How does an STI spread?

STIs are spread through sexual contact, including vaginal, anal, and oral sex. They can be transmitted from one partner to another, or from previous partners.

Who should be tested?

If you are sexually active, discuss STI testing with your doctor.

STI testing is particularly recommended:

- After unprotected sex
- When changing sexual partners
- If you have symptoms
- During pregnancy

Taking care of your sexual health is an essential part of your overall well-being. Regular check-ups and open communication with your healthcare provider are important for maintaining good sexual health.

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Contraception Booklet



The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment, or if you have any questions related to your health, physical fitness or medical condition.

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