

WHY TESTED?

- Some STI's have no symptoms—Chlamydia is one. Other can cause discharge from the penis or vagina, or a sore, lump, or an itch.
- Another good reason is that most STI's are easy to treat early, but if left for too long they will be more difficult to treat.
- Worse still if left untreated STI's can make women and men infertile—(unable to have babies)

WAY'S TO AVOID STI;s

- Have a healthy attitude towards sex
- Always practice safe sex
- And get tested if anything interrupts your safe practices.
- Condoms will give you some protection from most sexually transmissible infections, but the Condoms wont cover the infections area and infections like herpes, crabs, and genital warts.

TRANSMISSION!

- Skin to skin contact
- Sexual contact
- Blood Bourne
- Sharing injection drug equipment

WHAT A SEXUAL HEALTH CLINIC PROVIDES

- Confidential and free service
- Screening and treatments for STI's (Sexual Transmitted Infections)
- Contraception
- Pap Smears
- Pregnancy Testing and Referrals
- Contact Tracing
- Counselling
- Education of client regarding safe sex practices
- Community based groups, Secondary School

WHEN TO HAVE A SEXUAL HEALTH CHECK

- When Symptoms
- Unprotected sexual intercourse
- Multiple partners
- Broken condom
- Contact of STI
- Relationship break up or new relationship
- Pap smear due-Woman
- Sexual Assault - Men & Women
- Concern's RE: STI's HIV



2 SPIRITS

PROMOTING HEALTHY ABORIGINAL
& TORRES STRAIT ISLANDER COMMUNITIES

We can Support our
Aboriginal and
Torres Strait Islander

LGBTI COMMUNITY

For more information come in
and have a yarn with
Leanne & Paul

GIRUDALA SEXUAL HEALTH
Awareness & Education Worker

Phone: 47 861000

Email: lprise@girudala.com.au

pwhite@girudala.com.au



WHAT HAPPENS DURING A SEXUAL HEALTH CHECK - UP

Generally all that is required is for you pee in a jar and have a blood test.

If any test is positive you will need to be treated and have a discussion with your sexual health professional.

This information is confidential (your business) and the questions help you and the health professional to give you a proper check-up. It is a chance for you to ask any questions about sexual health to.

WHAT IS A SEXUALY TRANSMITTED INFECTION?

- Chlamydia
- Scabies
- Gonorrhoea
- Pubic Lice
- Molluscum
- Genital Warts
- Cancroids
- Genital Herpes
- Donovanosis

WHAT ARE THE BLOOD- BORN VIRUSES?

- Syphilis
- HIV
- Hepatitis A ,B ,C

WHAT IS NOT AN STI?

- Candidiasis (Thrush)
- Bacterial Vaginitis

SYMPTOMS IN WOMEN

- An unusual vaginal discharge, smell, itch or irritation
- A sore, wart, lump, rash or blister on your private parts including bum
- Pain or discomfort on passing pee
- Lower belly or pain during sex
- Bleeding between periods
- Any rectal (bum) discharge

SYMPTOMS IN MEN

- A discharge from the penis
- A sore, wart, lump, rash or blister on your private part including bum
- Penis feels sore or itchy
- Pain or discomfort when peeing or having sex
- Pain in lower belly
- Painful or swollen balls
- Any discharge from bum

CAN STIs BE TREATED?

Tablets or injections for chlamydia, trichomonas, syphilis and gonorrhoea are available. There are vaccines to prevent some STIs. Genital warts and herpes cannot be cured but can be improved with treatment. Some STIs can lead to long-term illness but there I much progress in treating and managing all STIs. Talk to your doctor.



Put the condom on when the penis is erect

Before there is any contact between the penis and your partner's body. Fluid released from the penis during the early stages of an erection can



Open the condom package at one corner being careful not to tear the condom with fingernails, or through being too rough. Make sure the package and condom appear to be in good condition, and check that the expiry date has not passed.



Place the rolled condom over the tip of the hard penis, and if the condom does have a reservoir top, pinch the tip of the condom enough to leave a half inch space to collect semen. When putting a condom on an uncircumcised penis, pull back the foreskin before rolling the



Pinch the air out of the condom tip with one hand and unroll the condom over the penis with the other hand, roll the condom all the way down to the base of the penis, and smooth out any air bubbles. As they can cause the condom to break. If the condom comes off, withdraw the penis and put on a new



Soon after ejaculation, withdraw the penis while it is still erect holding the condom firmly in place. Remove the condom only when the penis is fully withdrawn. Keep both the penis and condom clear from contact with your partner's



Dis of the used condom hygienically. Wrap the condom in a tissue and place it in a bin, do not flush it down the toilet. Make sure never use a condom more than once.