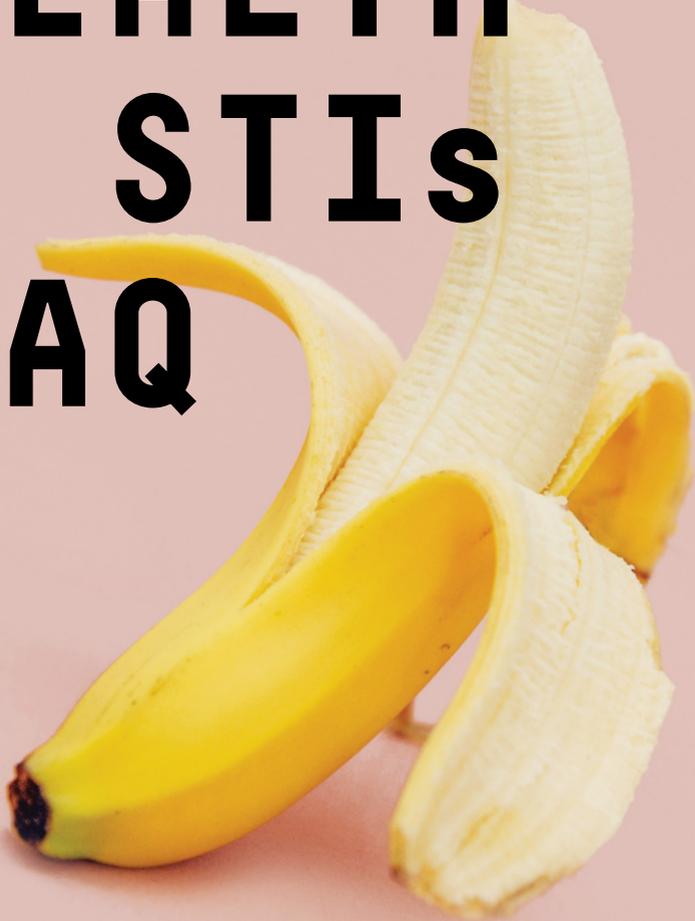


**SEXUAL  
HEALTH  
+ STIs  
FAQ**



**SHINE<sub>SA</sub>**

IT'S EASY

PAINLESS



FREE

CONFIDENTIAL

# You can have an STI and not know about it

**Luckily getting a sexual health check is painless, confidential and easy.**

## **How many young people have STIs?**

People under 30 who are sexually active have the highest risk of getting an STI. In SA there are close to 6000 cases of chlamydia diagnosed each year, and around 80% of these are in people under 30.

## **Will I know if I have an STI?**

Most STIs are undetectable, particularly in the early stages. Up to 75% of people with chlamydia have no symptoms. By the time it does cause symptoms you may have already passed it on to your sexual partner(s).

If you do have symptoms they can be: pain when urinating, discharge from the vagina or penis, pain in the lower abdomen, pain or bleeding during or after sex or between periods. Some STIs can also infect the anus after anal sex and cause pain.

## **Can I get an STI from mutual masturbation, anal or oral sex?**

Yes. Some STIs can be transmitted through bodily fluids and skin to skin contact. These include chlamydia, gonorrhoea, syphilis, herpes and genital warts.

## **Can I get an STI more than once?**

You can get STIs such as chlamydia or gonorrhoea with repeat exposure, even if you've been treated. That's why it's important not to have sex with anyone until seven days after you have been treated. You should also not have sex with any sexual partner(s) that you think have been exposed to the infection until they have been treated.

New sexual partners may have an infection without knowing it and can give you an STI even if you've been treated before. It is best to get a test of reinfection three months after treatment for an STI and also with every new sexual partner.

# Common STIs are easy to test and treat

## Can common STIs be treated and cured?

Yes, common STIs such as chlamydia and gonorrhoea can be treated with antibiotics.

Unfortunately the antibiotics we use for these STIs are losing their effectiveness. There have been two cases of multi resistant gonorrhoea recently detected in Australia and there has been an increase in drug resistant gonorrhoea worldwide. If you do need antibiotics for an STI it's important to make sure you finish all the tablets and have any follow up tests that are recommended.

## Can you get an STI from a toilet seat?

No. Just no!

## Do any genders have a greater risk of contracting an STI compared to others?

STIs don't discriminate. Anyone can get an STI regardless of their gender, sexuality or sexual orientation.

**STIs CAN HAVE SERIOUS HEALTH CONSEQUENCES IF THEY GO UNTREATED.**



## What could happen to an STI that goes untreated?

STIs such as chlamydia and gonorrhoea can infect the reproductive organs and can lead to infertility, chronic pelvic pain and increase the risk of ectopic pregnancy.

## Who should get a test?

Routine STI testing/checks are recommended for:

- any new sexual contact
- if your sexual partner has had a new sexual contact
- if you or your partner develop symptoms of an STI
- or if you know a recent partner has had an STI

You should be tested every three months if you have new or multiple sexual partners, but anyone under the age of 30 should have at least one STI test per year.

UP TO 75%  
OF PEOPLE THAT  
HAVE CHLAMYDIA  
HAVE **NO**  
SYMPTOMS!



REMEMBER:

CONSENT MUST COME  
BEFORE ANY  
SEXUAL ACTIVITY  
OF ANY KIND



CONSENT MUST  
BE ACTIVE, VOLUNTARY,  
SOBER & CONTINUOUS

## **Where do I go to get tested?**

You can get testing, treatment and counselling at any SHINE SA clinic.

You can also make an appointment with your local doctor, health care provider, Aboriginal Health service or Adelaide Sexual Health Centre (275 North Terrace, Adelaide, Call: 7117 2800)

To talk to a sexual health nurse about any sexual health issue call SHINE SA's Sexual Healthline. Call: 1300 883 793

Country callers (toll free): 1800 188 171

Available 9am – 12.30pm, Mon– Fri.

## **Can I get tested anonymously?**

Your Medicare records are confidential, but it's a good idea to get your own Medicare card once you turn 15.

Once you turn 14, you can manage your own record and your parent or legal guardian will no longer have access to it. If you still want them to have access, you can invite them to be your nominated representative. If you are under the age of 14 you will need to apply to take control of your health record.

## **Should you tell your sexual partner/s if you have an STI before any sexual activity? Is it illegal not to?**

You should take every reasonable precaution not to pass on an STI, such as using condoms.

Whether you disclose your personal health information is up to you. However getting tested and treated before you have sex is important to stop passing the infection to others and getting reinfected yourself.

If you are diagnosed with an STI and need to tell other partners that they might have an STI, you can tell them anonymously by SMS or email. Anonymous partner notification sites are:

[www.letthemknow.org.au/](http://www.letthemknow.org.au/)

[www.bettertoknow.org.au/](http://www.bettertoknow.org.au/)

[www.thedramadownunder.info/notify/](http://www.thedramadownunder.info/notify/)

## **Prevention of STIs**

- Come prepared! Use condoms.
- Practise safer sex. Make sure you and your partner/s have had a recent STI check.
- Talk about any past infections with your sexual partner/s.
- Don't share injecting equipment or anything that comes into contact with blood (e.g. tattoo or piercing equipment).
- When there are sores, lumps or ulcers around the mouth or genital area, or unusual discharge, avoid vaginal, anal and oral sex or any activity involving skin contact with the affected area.



# GET CHECKED

SHINE SA OFFER FREE SEXUAL HEALTH  
CHECKS TO PEOPLE UNDER 30 WITH A  
MEDICARE CARD!

Call: 1300 794 584

Find a clinic: [www.shinesa.org.au](http://www.shinesa.org.au)

