

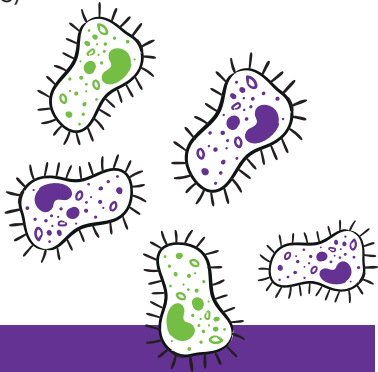
# SEXUALLY TRANSMITTED INFECTIONS (STIs)



An STI is any kind of bacterial or viral infection passed on through sexual contact without a condom.

Sexual contact can include:

- **oral sex** (licking, kissing or sucking someone's genitals)
- **vaginal sex**
- **anal sex**
- **sexual touching**
- **using sex toys**



## HOW DO YOU GET TESTED?

Most STIs can be detected by a urine sample, blood test or vaginal swab. A small cotton bud is wiped over the inside of the vagina. A doctor or nurse may do this for you but often you can do it yourself in private. It may be uncomfortable but not painful. Lots of areas now offer home testing where you can order a kit online. Just take a sample yourself and post it for testing. Easy!



## HOW CAN YOU PREVENT STIs?

### CONDOMS



Just use a condom correctly every time you have sex. It's the only way to protect against both pregnancy and STIs. Made from very thin latex (rubber), they cover the penis/sex toy or line the vagina (female condom), stopping sexual fluids being transferred between partners.

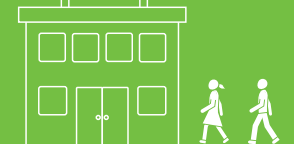
**DON'T WORRY!**

Most STIs are easy to treat and clinic staff have seen it all. Use our service finder to see where you can get tested and treated. This includes Brook clinics, which provide free, confidential services for under 25s: [brook.org.uk/find-a-service](https://brook.org.uk/find-a-service)

### DENTAL DAMS

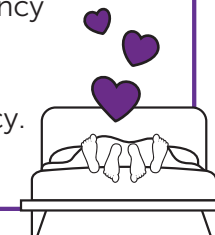


A dam is a thin square of latex, which can be placed over the genitals or anus before you have oral sex. You can get them from sexual health services or buy them online. The dam might be useful in preventing STIs but there is currently no research to verify this.



## HOW DO YOU KNOW IF YOU'VE GOT ONE?

STIs don't always have symptoms, so if you've had unprotected sex, always get yourself tested ASAP. Don't forget emergency contraception too, to protect from pregnancy.



## DID YOU KNOW



Anyone can get an STI. It doesn't matter how many times you've had sex or how many partners you've had.


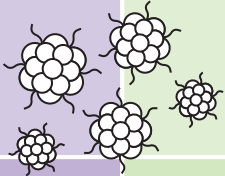
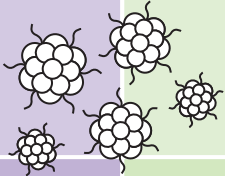
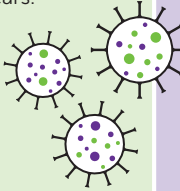


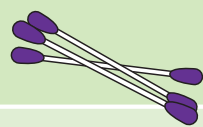


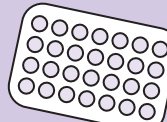
# SEXUALLY TRANSMITTED INFECTIONS (STIs)

For more information about all STIs, see [brook.org.uk/stis](http://brook.org.uk/stis)



All STIs can be passed on during unprotected oral, vaginal or anal sex. HIV and syphilis can also be passed on by sharing needles.

Here are some other things you should know:

	Chlamydia	Genital herpes	Genital warts	Gonorrhoea	HIV	Pubic lice	Syphilis	Trichomoniasis
SYMPTOMS	<p>No symptoms in: <b>75% women</b> <b>50% men</b></p> <p><b>Possible symptoms</b></p> <ul style="list-style-type: none"> <li>» Unusual discharge from the vagina, penis or rectum</li> <li>» Burning/itching in the genital area (men)</li> <li>» Pain when peeing</li> <li>» Heavy periods or bleeding between periods</li> <li>» Pelvic/lower abdominal pain</li> <li>» Abdominal pain during sex (women)</li> <li>» Bleeding during/after sex</li> <li>» Painful swelling of testicles</li> </ul> 	<p>Often no signs or symptoms.</p> <p><b>Possible symptoms</b></p> <ul style="list-style-type: none"> <li>» Flu-like fever, headache, aches and pains</li> <li>» Stinging, tingling or itching in the genital area</li> <li>» Small fluid-filled blisters which burst leaving small, red, very painful sores</li> <li>» Pain when urine passes over the sores</li> <li>» Possible discharge</li> </ul> 	<p>Often no visible symptoms and it can be months/years before warts appear.</p> <p><b>Possible symptoms</b></p> <ul style="list-style-type: none"> <li>» Can appear alone or in clusters like a cauliflower</li> <li>» Normally painless but can be itchy</li> <li>» Appear in/around the vagina, anus, upper thighs and anywhere on the penis, scrotum or urethra</li> </ul> 	<p>No symptoms in: <b>50% women</b> <b>10% men</b></p> <p><b>Possible symptoms</b></p> <ul style="list-style-type: none"> <li>» Green/yellow discharge from the vagina</li> <li>» Green, yellow or white discharge from the penis</li> <li>» Burning when peeing</li> <li>» Lower abdomen pain/tenderness</li> <li>» Heavy periods or bleeding between periods</li> <li>» Painful swelling of the foreskin</li> <li>» Pain or tenderness in the testicles</li> </ul>	<p>Around <b>80%</b> of people will have a short, 2 week flu-like illness soon after getting the HIV virus.</p> <p>This may last for 2-3 weeks with sore throat, fever, tiredness, achy joints, swollen glands and a rash.</p> <p>After this, there may be no symptoms for many years.</p> 	<p>Symptoms can take a few weeks to appear and include itching, irritation and inflammation.</p> <p><b>You may be able to see:</b></p> <ul style="list-style-type: none"> <li>» Black powder (droppings)</li> <li>» Brown eggs</li> <li>» Yellow-grey or red lice</li> </ul> 	<p>Often no signs or symptoms.</p> <p><b>Possible symptoms</b></p> <p><b>Stage 1:</b> small, painless, very infectious sore on genitals, anus or mouth.</p> <p><b>Stage 2:</b> may include painless rash on the palms or soles, wart-like growths on genitals, flu, weight loss, white patches on mouth roof</p> <p><b>Stage 3:</b> Rarely occurs in the UK. Only 1/3 will experience serious symptoms such as paralysis, loss of coordination, blind/deafness, stroke and dementia.</p> 	<p>Often no signs or symptoms but if there are, they usually appear within a month.</p> <p><b>Possible symptoms</b></p> <ul style="list-style-type: none"> <li>» Itching, swelling and soreness of the genitals</li> <li>» Frothy, yellow-green fishy vaginal discharge</li> <li>» Thin, white discharge from the penis</li> <li>» Lower abdominal pain (women)</li> <li>» Pain during sex and peeing</li> <li>» Itchy inner thighs (women)</li> <li>» Needing to wee more often (men)</li> </ul>
DIAGNOSIS	<p>Urine or swab test.</p> 	<p>Examination by doctor or nurse.</p> <p>Swab of fluid from the blisters.</p>	<p>Examination by doctor or nurse.</p> 	<p>Urine or swab test.</p>	<p>Blood test, 4 weeks after exposure.</p> 	<p>Examination by doctor or nurse with a magnifying glass.</p>	<p>Examination by doctor or nurse.</p> <p>Blood test or swab if there is a sore.</p>	<p>Examination by doctor or nurse.</p> <p>Urine test (men) or swab test.</p>
TREATMENT	<p>Course of antibiotics.</p> <p>No treatment can cause infertility in men and women.</p>	<p>Antiviral medicines.</p> <p>Treatment is given to relieve symptoms.</p>	<p>Cream or lotion.</p> <p>Warts can be frozen, heated or removed.</p> <p>It can take months for warts to disappear.</p>	<p>Antibiotic injection in the buttock or thigh and a single antibiotic tablet.</p> <p>No treatment can cause infertility in men and women.</p>	<p>Can be managed with drugs.</p> <p>There is no cure but left untreated, can develop into AIDS, when you cannot fight life-threatening infections.</p>	<p>Special lotions, creams or shampoo.</p> <p>No treatment can cause spreading, skin irritation and infections.</p>	<p>Single antibiotic injection or a course of injections.</p> <p>If reaches stage 3 it can be fatal.</p>	<p>Antibiotics.</p> <p>Unlikely to go away with no treatment.</p> 

Other infections include bacterial vaginosis, cystitis, proctitis, urethritis and vaginitis which can be caused by other STIs but are not themselves, STIs. Find out more at [brook.org.uk/stis](http://brook.org.uk/stis)