

STIs

ANY DOUBT? GET IT CHECKED OUT!



practice safer sex. ALWAYS USE A CONDOM



Pasante[®]

SYMBOLS KEY

SYMPTOMS



- Male
- Female
- Male & Female

CONTRACTION



- Vaginal
- Anal
- Oral

TREATMENT



- Antibiotics
- Cream / lotion
- Other medications



WHAT IS AN STI?

Sexually Transmitted Infections (STIs) are passed from one person to another through unprotected sex or genital contact.

There are lots of STIs and many of them have their own symptoms. Some STIs however, don't have any symptoms but can still cause long-term problems.

It's important to know what STIs are and how they can be detected, treated and most importantly, how to avoid catching them.

There are also some infections which are not transmitted by having sex.

What to do if you think you may have an STI?

If you think you may have a STI, go to your GP or local sexual health or GUM (genitourinary medicine) clinic. Most STIs can be successfully treated, but it's important to get checked out as soon as possible.



CHLAMYDIA FACTS

Chlamydia is one of the most common STIs and is very easy to treat and cure. It is a bacterial infection and if left untreated can cause painful complications and serious health problems. These include pain in the testicles in men, and pelvic pain and even infertility in women.



Most people do not experience any symptoms, so are unaware that they are infected. However, in men, chlamydia can cause pain when urinating, a white, cloudy or watery discharge from the tip of the penis and tenderness in the testicles.



Most people do not experience any symptoms, so are unaware that they are infected. However in women, chlamydia can cause pain when urinating, a vaginal discharge, pain in the lower abdomen and bleeding during or after sex or between periods.



Unprotected vaginal, anal or oral sex.



Antibiotics.

GONORRHOEA FACTS

Gonorrhoea can often be symptomless and if not treated early, can cause serious health problems, including infertility. Gonorrhoea is a bacterial infection and is diagnosed using a urine test or by taking a swab of the affected area. It is easily treated with antibiotics.





Can be symptomless, however in men, gonorrhoea can cause pain or a burning sensation when urinating, a white, yellow or green discharge from the tip of the penis, and pain or tenderness in the testicles.



Can be symptomless, however in women, gonorrhoea can cause pain or a burning sensation when urinating, a vaginal discharge, pain in the lower abdomen during or after sex, and bleeding during or after sex or between periods.



Unprotected vaginal, anal or oral sex.



Antibiotics.

GENITAL HERPES FACTS

Genital herpes is a common infection caused by the herpes simplex virus (HSV). This is the same virus that causes cold sores. After you've been infected, the virus remains dormant (inactive) most of the time. However, certain triggers can reactivate the virus, causing blisters or sores to develop again.



HERPES



Some people develop symptoms of HSV a few days after coming into contact with the virus. Small, painful blisters or sores usually develop, which may cause itching or tingling, or make it painful to urinate.



Unprotected vaginal, anal or oral sex.



There is no cure for genital herpes, the symptoms can usually be controlled using antiviral medicines.





GENITAL WARTS

GENITAL WARTS

Genital warts are small fleshy growths, bumps or skin changes that appear on or around your genital or anal area. They are caused by the human papilloma virus (HPV) and are the second most common STI in England after chlamydia.



The warts are usually painless, but you may notice some itching or redness. Occasionally, they can cause bleeding.



You do not need to have penetrative sex to pass the infection on because the genital warts virus is spread by skin-to-skin contact.



There is no cure for the genital virus, however there are several treatments available for tackling genital warts, including creams and freezing the warts, also known as cryotherapy.

HIV FACTS

HIV is usually tested with a simple blood test, a finger-prick blood test – which can take as little as 60 seconds to get results. AIDS is the final stage of an HIV infection, when the body can no longer fight life-threatening infections.





Most people with HIV look and feel healthy and have no symptoms. When you first develop HIV, you may experience a flu-like illness with a fever, sore throat or rash.



HIV is most commonly passed on through unprotected sex. It can also be transmitted by coming into contact with infected blood – for example, sharing needles to inject drugs.



There is no cure for HIV, but there are treatments that allow most people to live a long and otherwise healthy life.



SYPHILIS FACTS

Syphilis is a bacterial infection that is usually caught by having sex with someone who is infected.

It is important to get tested and treated as soon as possible if you think you might have syphilis, as it can cause serious problems if left untreated.



In the early stages of infection, syphilis can cause a painless but highly infectious sore on your genitals or around the mouth. The sore can last up to six weeks before disappearing. Long term symptoms may be inflammation of sexual organs and infertility in women. Many infected individuals will not show any signs of symptoms.



Unprotected vaginal, anal or oral sex. Can also spread from an infected mother to the unborn baby during pregnancy or to the child at the time of birth.



Antibiotics. When treated properly, the later stages can then be prevented.

PUBIC LICE FACTS

Pubic lice (Phthirus pubis) are tiny parasitic insects that live on coarse human body hair, such as pubic hair. Pubic lice are sometimes known as crabs because they have two large front legs that look like the claws of a crab.





It may take several weeks for symptoms to be noticeable. Most people experience itching and may notice the lice or eggs around your pubic area.



Most commonly via genital contact. However, they can live in underarm hair, body hair, beards and occasionally eyebrows or eyelashes.



Pubic lice can usually be successfully treated with special creams or shampoos available over the counter in most pharmacies or from a GP or GUM clinic. You do not need to shave off your pubic hair or body hair.



SCABIES FACTS

Scabies is caused by tiny mites that burrow into the skin. It can take up to eight weeks for the symptoms of scabies to appear after the initial infection. This is known as the incubation period.



The main symptom of scabies is intense itching that is worse at night. It also causes a skin rash on areas where the mites have burrowed.



It can be passed on through close body or sexual contact, or from infected clothing, bedding or towels.



Scabies can usually be successfully treated using special creams or shampoos available over the counter in most pharmacies, or from a GP or GUM clinic.

Useful Contacts:

www.nhs.uk

www.fpa.org.uk

www.brook.org.uk

www.tht.org.uk

National Sexual Health Helpline
0300 123 7123

Text prepared using various sources such as
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