

***Do you experience symptoms of burning urine,
discharge, sores or itchiness in your genital area?
Did you NOT use a protection?***

YOU may have a sexually transmitted infection (STI).

How do you get a STI?

STIs can be transmitted by having unprotected sexual contact with a partner.

Unprotected sexual contact includes:

- Unprotected oral sex;
- Unprotected genital rubbing;
- Sharing of unprotected sex toys;
- Unprotected rimming;
- Unprotected penetrative sex e.g. anal sex, finger fucking and vaginal penetration.

What are the common STIs:

- Syphilis – also known as “the pox”;
- Gonorrhoea – also known as “drop or clap”;
- Trichomoniasis – also known as “trich”;
- Chlamydia;
- Candida – also known as “yeast or thrush”;
- Pubic Lice – also known as “crabs”;
- Hepatitis B – also known as “hep”;
- Herpes – also known as “blisters”; and
- Genital warts.

How do you treat a STI?

Most STIs are curable with antibiotics and special lotions. If you or your partner have a STI, both of you need treatment. Early detection is important to avoid health complications.

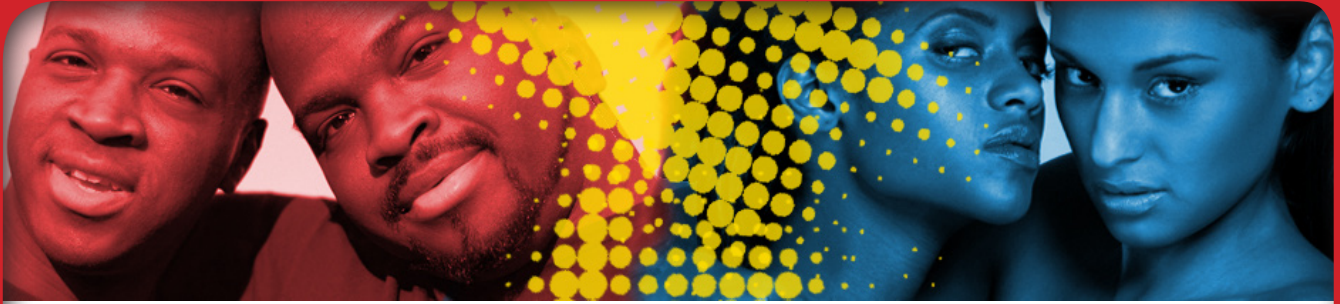
What will happen if you don't get treatment?

Depending on the type of infection, without treatment a STI can cause infertility, severe infections of the reproductive system and other organs, skin diseases and sometimes even death.

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How can I prevent STI's?

- Abstinence;
- Being faithful and only having one partner;
- Discuss safer sex negotiations and condom use with your partner;
- Correct and consistent condom use (also when sharing sex toys – it is not advisable to share your toys);
- Use of “silk-e” or “dental dam” (latex sheet) for oral sex and rimming;
- Use a “love glove” (latex glove) for manual insertion;
- Tell your partner if you have a STI;
- Don't have sex if you or your partner are being treated for a STI;
- Look for signs and symptoms on your partner and yourself;
- Wash your genital and anal area with soap and water before and after sex. Urinate soon after you had sex (by washing and urinating you will help clean away some germs before they have a chance to infect you); and
- Regular check-up (1-2 times per year) with your health care professional.

For more information visit our websites

www.men2men.co.za and www.womyn2womyn.co.za

or contact us for a confidential appointment on 012 430 3272.



Although overlooked by many, STIs can be dangerous, sometimes fatal, and will increase your risk of contracting HIV. Early detection of a STI is vital for your own health and well-being.

***STI and Condom Awareness
Week 7-14 February 2010***

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