

## How are STIs prevented?

- Most STIs can be prevented by using a condom.
- Some still spread with skin to skin contact. They include Herpes and Syphilis.
- If you are having oral sex you should use a dam or condom. Most STIs can infect your throat.

Ways to help avoid infection:

- Carrying condoms, and discussing condom use and safer sex before sex.

## Safer activities include:

Massages, stroking, masturbation, hugs, holding hands, touching/ licking/ kissing other parts of the body not the genitals or anus.

## How are STIs tested & treated?

- Getting tested is easy.
- Most are tested for with one of the following:
  - Urine test
  - Blood test
  - A vaginal swab you take yourself
  - Sometimes a genital examination
- Most STIs are easily treated. You usually have to take tablets. You will get them from a doctor or other health professional e.g. nurse, pharmacist.
- Some STIs have long term health problems.

**If you think you might have an STI or just want to get checked out this is where you can get help....**

### Sexual Health Fife

For appointments: 01592 647979  
[www.nhsfife.org/sexualhealth](http://www.nhsfife.org/sexualhealth)

For more information about sexual health contact your doctor (GP) or...

**The Hub** (young people's sexual health drop-ins) across Fife  
[www.thehubfife.org.uk](http://www.thehubfife.org.uk)

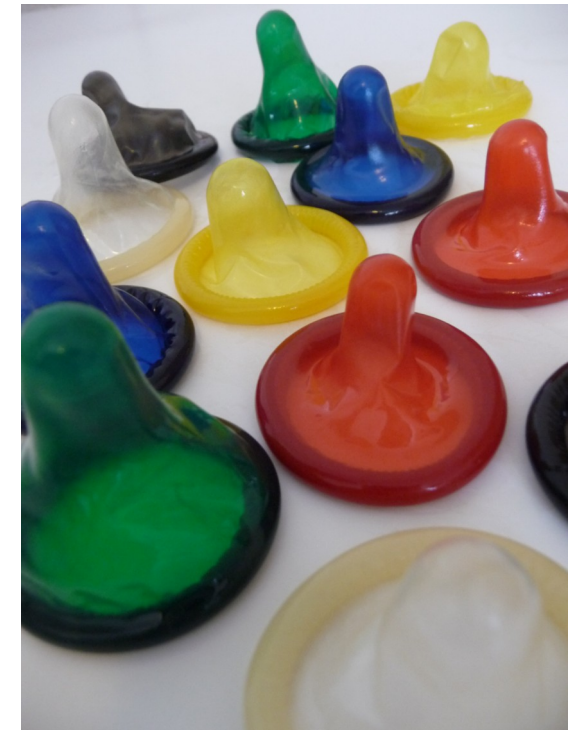
### Further information online:

[www.nhs.uk](http://www.nhs.uk)  
[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)  
[www.sexualhealthscotland.co.uk](http://www.sexualhealthscotland.co.uk)  
[www.sexwise.fpa.org.uk](http://www.sexwise.fpa.org.uk)  
[www.getthelowdown.co.uk](http://www.getthelowdown.co.uk)

If you require this information in this leaflet in a community language or alternative format e.g. Braille, easy read, audio please contact the Equality and Diversity Department on 01383 565142 or at: [fife-UHB.EqualityandDiversity@nhs.net](mailto:fife-UHB.EqualityandDiversity@nhs.net)

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# Sexually Transmitted Infections (STIs)



**STI's pass from person to person during vaginal, anal or oral sex & some through skin-skin contact**

## Chlamydia

- Most Chlamydia is diagnosed in the under-25s
- Most people have no symptoms. If you do have symptoms, they might be:

### Girls:

- Different liquid (discharge) from your vagina (it is normal for girls to get white discharge)
- Pain when peeing or when having sex
- Bleeding after sex or between Periods
- Change in your periods
- Tummy pain

### Boys:

- Different liquid (discharge) from your penis
- Pain when peeing
- Chlamydia is easy to treat. If you don't treat it girls can get pelvic inflammatory disease. It can affect your fertility, in both boys and girls. This could make it hard for you to have a baby. It can infect the baby as it is born.
- Condoms will offer good protection

## Gonorrhoea

- Most people have no symptoms.
- If you do have symptoms, they might be:

### Girls:

- Different liquid (discharge) from your vagina
- Pain when peeing or when having sex
- Bleeding between your periods
- Change in your periods
- Tummy pain

### Boys:

- Different liquid (discharge) from your penis
- Swollen foreskin
- Pain in your testicles
- It is easy to treat but you will need a test to make sure it's gone.
- Condoms will offer good protection

## Genital Warts

- Are caused by the Human Papillomavirus (HPV) which is passed by skin-skin contact.
- Symptoms might be small pink or white lumps (warts). They will be on your thighs and genitals. The warts can be itchy and sore. If you scratch them they might bleed.
- They can come back when:
  - You are feeling ill
  - Are stressed
  - Pregnant
- Not everyone will have symptoms

## Syphilis

- Most people have no symptoms. If you do have symptoms, they might be:
  - A sore on your genitals. It may not hurt
  - A sore on the back of your throat. It may not hurt
  - An all-over skin rash
- It is easy to diagnose and treat. If not treated over a long period of time can lead to:  
Stroke/blindness/deafness/meningitis/confusion/poor balance/seizures/paralysis or even death.
- Condoms will offer some protection

## Genital Herpes

- It is caused by the Herpes Simplex Virus which is passed by skin-skin contact.
- Most people have no symptoms. If you do have symptoms, they might be:
  - Itching or burning in your genitals
  - Feeling as if you have the flu
- It may cause painful blisters or red ulcers (sores) around your genitals. They will usually heal in 3 weeks. This is quicker if you get treated.
- They can come back if you are ill or stressed.
- Condoms will offer some protection

## HIV / AIDS

- HIV (Human Immuno-deficiency Virus) is spread through bodily fluids. This includes semen, vaginal fluids and blood. If you share injecting equipment (eg needles) it can also be passed on.
- HIV weakens your immune system. It is harder to fight off bugs and illnesses. If it is not treated you may get AIDS (Acquired Immune Deficiency Syndrome). With AIDS it is even harder to fight bugs.
- People might not know they are infected. They can infect other people.
- Some people have no symptoms for many years.
- There is no cure. Treatments can control symptoms and people whose virus is controlled by treatment can live as long as someone who doesn't have HIV.
- If you have sex or share injecting equipment with someone who has HIV, you can take medicine to help stop you getting it. It must be taken within 72 hours of this happening.
- HIV can not be shared by kissing, coughing, sharing cutlery or using the same toilet.
- PrEP is a pill, available to some people, that can stop the person taking it from getting HIV.
- Condoms will offer good protection.

## Hepatitis

- Hepatitis B and C are spread through bodily fluids. This includes semen, vaginal fluids and blood. Do not share ANY drug-taking equipment (e.g. needles, rolled up bank notes)
- Hepatitis affects your liver.
- Treatment can help some people get fully better.
- Other people don't get fully better. They will have problems all their lives. The main problems are with their liver.