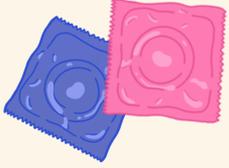


WHAT ARE STI'S?

STIs are common and can be passed on during sex or through sexual contact. Examples include Chlamydia, HIV, gonorrhoea and genital herpes



Although they are not 100% guaranteed, when used correctly and consistently condoms are extremely effective in preventing STIs. It is recommended you use a condom any time you have any form of sexual activity - not just during vaginal intercourse.

SYMPTOMS OF STI's

GENITALS ARE USUALLY WHAT IS AFFECTED BY THE FOLLOWING:

DISCHARGE

LUMPS OR SKIN GROWTHS

RASH

BLEEDING

BLISTERS, SORES OR WARTS

ITCHINESS

PAIN

If you think you may have been exposed to an STI, you should contact a sexual health clinic such as iCaSH. You do not usually need a GP referral or an appointment for a sexual health clinic, but contact the clinic first to check.

TYPES OF TESTS FOR STI's

THE TEST AND THE LENGTH OF TIME IT WILL TAKE TO OBTAIN A RESULT WILL DEPEND ON THE STI THAT IS BEING TESTED FOR. TESTS ARE USUALLY ONE OF THE FOLLOWING

URINE TESTS

BLOOD TESTS

SWAB TESTS

PHYSICAL EXAMS

There are vaccines available for HPV, which protects against genital warts and cancers linked to HPV, as well as for Hepatitis B although this condition is rare in the UK ([NHS, www.nhs.uk/conditions/hepatitis-b/](https://www.nhs.uk/conditions/hepatitis-b/))

DID YOU KNOW? You can order a free home testing kit for chlamydia, gonorrhoea, HIV, and syphilis from iCaSH. You take your own samples (urine/swab/finger-prick blood) and post them back. Results are sent securely to you via text or online.

More advice on what to do, what symptoms to look out for and what to expect from an appointment at a sexual health clinic can be found on www.nhs.uk/conditions/sexually-transmitted-infections-stis/

