

Condoms stop STIs from spreading

- Check date and seal of the packet – old condoms break.
- Open the packet carefully (don't use teeth).
- Roll on when the penis is hard.
- Pinch the tip so air doesn't get trapped as you roll down.
- Put on some water based lube.
- Hold the condom on your penis when you pull out, so semen (cum) doesn't spill out.
- Throw the condom in the bin – not down the toilet.



Where to get help

- See your local health clinic or doctor
- Call the Sexual Health Helpline
9227 6178 metro
1800 198 205 country

For more information visit
healthywa.wa.gov.au or
couldihaveit.com.au



This document can be made available
in alternative formats on request for
a person with disability.

Cover illustrations by Andrew Allingham

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Government of **Western Australia**
Department of **Health**
Public Health

All about chlamydia and gonorrhoea



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Sexually transmitted infections (STIs) are caused by germs getting inside when you have sex with someone who has the infection. Anyone who has vaginal, anal (bum) or oral (mouth) sex without a condom can get an STI.

You can easily get help and treatment if you have an STI.

Chlamydia and gonorrhoea

Chlamydia is an STI that can make you sick. It can make you sick even when you don't know you have it.

Gonorrhoea (also called gono, the clap, the drip) is an STI that can make you sick.

Men might get pus from the penis or pain when they wee.

Women might get pus from the vagina and pain low in the belly.

Both men and women can have chlamydia and gonorrhoea but have no signs or symptoms.

What if I think I have it?

Chlamydia and gonorrhoea can be tested by a urine (wee) test for men or a urine test or swab for women. The clinic can show you how to swab yourself if you prefer.

If you have an STI, you will get some medicine (antibiotics). You need to take all the medicine you are given to be cured. When you have finished the medicine, go back to the clinic for another test to make sure you are cured.



People you have had sex with

If you have an STI, it is important to let your sex partner(s) know. If you want, the clinic can do it for you without telling anyone your name.

There is also a website that you can use to send your sex partner(s) a text message (SMS) or email without using your name. Visit bettertoknow.org.au.

If your sex partners are not treated, you might get that STI again!

What if I don't get treated?

Chlamydia and gonorrhoea germs keep damaging your body until you get treated.

Even if you have no signs of an STI, it can still be causing damage on the inside.

If you don't get treated, the infection will keep damaging your body and you can pass it to your sex partner.

STIs can damage the reproductive (baby making) parts in men and women. Men can get painful swollen testes (balls) and women can get sore and inflamed inside (pelvic inflammatory disease or PID).

Because of this, men and women who have an STI can have trouble making babies.

The earlier you find and treat STIs the easier it is, and less damage is done to your body.

How do I stop STIs?

- Have an STI/HIV check if you are at risk. (Am I at risk? See below).
- Use condoms and water-based lube every time you have sex.
- Stay with one partner.
- Have regular health checks.

Am I at risk?

You should get an STI check if any of these statements are true for you:

- I have had unsafe sex (without a condom, condom not used properly, condom fell off or condom broke).
- I have had a new partner or more than one partner in the last year.
- I have discharge, pain, or sores in my sex parts.
- I have had sex with someone who has an STI.
- I can't remember if I had unsafe sex (e.g. I was drunk or drugged).
- I am not using condoms because I want to have a baby.

If you said yes, even once, get an STI check.