

STIs



Family Planning Tasmania
sexuality education & clinical services

SEXUALLY TRANSMISSIBLE INFECTIONS (STIs) are infections passed from one person (who has one or more STIs) to another during sexual contact (oral, vaginal or anal). STIs can be divided into two groups. Group A: those caused by bacteria and parasites. Group B: viral infections.

GROUP A: Group A STIs can be cured but will not give the person immunity. He/she can be reinfected.

CHLAMYDIA

- It is the most common STI in Australia.
- The person may not have any symptoms.
- It can be easily diagnosed and treated with antibiotics.
- Symptoms may include a discharge, pain when urinating (peeing) or pelvic pain/pain having sex.
- If untreated Chlamydia may lead to pelvic inflammatory disease (PID).
- If PID is not treated it can affect fertility in women.
- Sexual partners of people infected need to be treated to stop it spreading.

NON SPECIFIC URETHRITIS (NSU)

- NSU affects males only and has similar symptoms to Chlamydia.
- May sometimes be treated with antibiotics.

GONORRHOEA

- People infected may not have symptoms.
- Males infected could have discharge from penis and burning when peeing.
- Females could have a discharge, pelvic pain or abnormal bleeding.
- Can be easily diagnosed and treated with antibiotics.
- If it is not treated there can be complications similar to untreated Chlamydia.
- Sexual partners of people infected need to be treated to stop it spreading

TRICHOMONIASIS (Trike)

- Symptoms in women may be a vaginal discharge with a distinct smell but 50% will not have symptoms.
- Most men do not have any symptoms. A few may have a discharge.
- Easy to diagnose.
- Treated with antibiotics
- Sexual partners need to be treated

PUBIC LICE

- Small grey/brown mites that attach to the base of pubic hair and cause itching.
- Can be treated with foam, shampoo or cream available over the counter at pharmacies.
- Passed on through sexual or close personal contact.
- All close contacts should be treated.

SYPHILIS

- First sign of infection may be a painless sore (chancre) which will eventually heal.
- Six weeks to six months later a coppery-red rash may appear with fever and feeling ill. These will also pass.
- Infection will then attack internal organs – liver, lungs heart, brain.
- Easily diagnosed and treated in the early stages.
- Any damage to the body cannot be repaired.
- Person can be infectious for the first 2 years of the disease.
- Sexual partners need to be treated.

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GROUP B: Group B: viral infections. The symptoms of these STIs can be treated but the conditions cannot be cured with medication.

GENITAL HERPES

- Caused by Herpes Simplex virus.
- May start as a tingling feeling then small painful blisters appear. These dry and heal.
- First outbreak is usually the worst.
- Virus stays in the body and further out-breaks can happen but these may come less often over time.
- Many people have very mild attacks or do not get any symptoms at all.
- Herpes can return when person is sick or under stress.
- Can be helped with anti-viral medication.
- Sexual partners should be told, as condoms cannot always protect against herpes.

GENITAL WARTS

- Caused by HPV (human papilloma virus)
- Appear as small lumps on the penis or vulva or may be in the vagina or anus
- Usually painless but may cause discomfort
- Treated by freezing, painting with various medications or removed surgically.
- Virus can remain in the body and return when the person is stressed or unwell.
- Some types of HPV also cause changes to the cervix which may result in cancer if left untreated. These types do not cause visible warts.
- It is important to have regular pap smears to detect any changes.
- Vaccination is now available.

HIV (Human Immunodeficiency Virus)

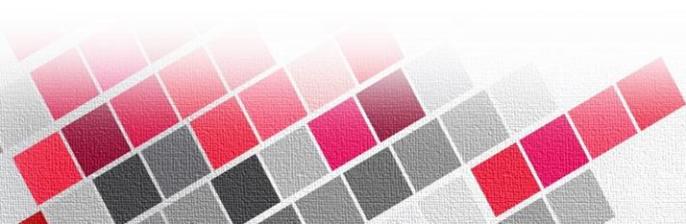
- HIV is transmitted by the body fluids of an infected person getting into the body of another person.
- Main forms of transmission are sex and needles containing infected blood.
- Contact with the virus can cause a flu-like condition.
- HIV will show up as antibodies in the blood, usually within three months.
- A person can be HIV positive and remain reasonably healthy for some time but they can pass the virus on through unsafe behaviour.
- In Australia, a person who has HIV can have treatment to stop or delay the onset of AIDS.

AIDS (Acquired Immune Deficiency Syndrome)

- May develop when HIV has weakened the immune system that fights infection.
- AIDS is a word referring to a number of different illnesses and diseases that can attack the body.
- In Australia, treatment can delay or stop the progress of AIDS.

HEPATITIS A

- A viral infection that affects the liver
- Transmitted through contact with contaminated food or water or the faeces from an infected person.
- Transmission can happen during sexual activity involving the anus.
- Vaccination available.



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HEPATITIS B

- Viral infection that affects the liver.
- Spread via the body fluids from an infected person to another person during sex.
- Diagnosed by blood test.
- Carried by 2% of Australians.
- Vaccination available.

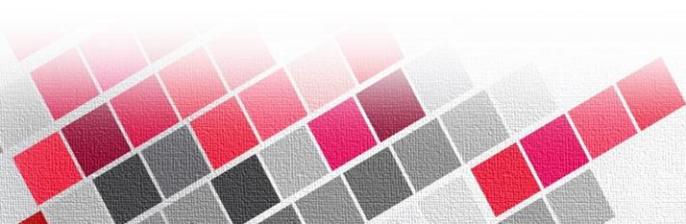
HEPATITIS C

- A viral infection that affects the liver
- Is not usually transmitted by sex but there is a risk if blood is involved in sexual activity.
- Diagnosed by blood test.
- No vaccination available.

USE CONDOMS AND PROTECT YOURSELF AND YOUR PARTNER!

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