

# Sexually Transmissible Infections

## CHLAMYDIA

<b>WHAT IS IT?</b>	A bacterial infection of the genitals, throat or rectum. Chlamydia can make you infertile.
<b>HOW DO YOU GET IT?</b>	Through unprotected (without a condom/oral dam) vaginal, anal or oral sex with someone who has the infection. It can be spread to the baby during birth.
<b>SYMPTOMS</b>	There may be no symptoms. Symptoms may include: <ul style="list-style-type: none"> <li>vaginal discharge</li> <li>lower abdominal pain</li> <li>pain during intercourse</li> <li>bleeding between periods</li> <li>pain when urinating (weeing)</li> <li>discharge from penis.</li> </ul>
<b>TESTING</b>	A swab from your vulva, anus, throat or a urine test.
<b>TREATMENT</b>	Antibiotic tablets.
<b>PARTNERS</b>	Recent sexual partners need treatment. Do not have vaginal, anal or oral intercourse for at least 7 days after you and your partners have been treated. If you do have sex, use a condom or oral dam.



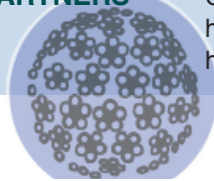
## GONORRHOEA

<b>WHAT IS IT?</b>	A bacterial infection of the genitals, throat or rectum. Gonorrhoea can make you infertile.
<b>HOW DO YOU GET IT?</b>	Through unprotected (without a condom/oral dam) vaginal, anal or oral sex with someone who has the infection. It can be spread to the baby during birth.
<b>SYMPTOMS</b>	There may be no symptoms. Symptoms may include: <ul style="list-style-type: none"> <li>vaginal discharge</li> <li>pain during sex</li> <li>pain in the testicles (balls).</li> <li>bleeding between periods</li> <li>pain when urinating</li> <li>lower abdominal pain</li> <li>discharge from the penis or rectum</li> </ul>
<b>TESTING</b>	A swab from your vulva, anus, throat or a urine test.
<b>TREATMENT</b>	Antibiotics - usually both injection and tablets together as many of the gonorrhoea bugs are resistant to the usual antibiotics.
<b>PARTNERS</b>	Recent sexual partners need treatment. Do not have vaginal, anal or oral intercourse for at least 7 days after you and your partners have been treated. If you do have sex, use a condom or oral dam.



## GENITAL WARTS

<b>WHAT IS IT?</b>	Genital warts are small lumps in and around the vagina, penis and anus caused by the Human Papilloma Virus (HPV). For information on Genital Warts contact HPV Hotline 0508 11 12 13 or <a href="http://www.hpv.org.nz">www.hpv.org.nz</a>
<b>HOW DO YOU GET IT?</b>	Through close skin to skin contact, usually during sex. Can be transmitted from mother to baby. You are much less likely to get genital warts if you have had the HPV vaccine.
<b>SYMPTOMS</b>	Small lumps on the genitals, these lumps may be itchy.
<b>TESTING</b>	By examining the area where the warts are.
<b>TREATMENT</b>	Obvious warts are treated with a cream to rub on. This helps the immune system fight the virus. Other options are a chemical paint, liquid nitrogen (freezing) or diathermy (heat).
<b>PARTNERS</b>	Genital warts can only be confirmed by an examination. If partners have warts they should be treated. Using condoms/oral dams will help reduce the risk of spreading the infection.



## GENITAL HERPES

<b>WHAT IS IT?</b>	Infection on the genitals, caused by the Herpes simplex virus, the same virus that causes cold sores. For information on Genital Herpes contact Herpes Hotline 0508 11 12 13 or <a href="http://www.herpes.org.nz">www.herpes.org.nz</a>
<b>HOW DO YOU GET IT?</b>	Through close skin contact with someone who has the virus. From mother to baby. If a blister or ulcer is present during late pregnancy, the baby may be delivered by caesarean section.
<b>SYMPTOMS</b>	First attack may be the worst with painful blisters, ulcers or sores. Most people have no symptoms. You are most infectious just before you get a sore, with the sore and just afterwards. However, you can spread the virus when you don't have symptoms.
<b>TESTING</b>	A swab in the first few days of an attack.
<b>TREATMENT</b>	Anti Herpes medication tablets shorten the attack. If you get frequent recurrences a year you can take tablets all the time to help prevent a recurrence.
<b>PARTNERS</b>	Partners who have a sore should be tested. Condoms/oral dams will reduce the risk of spreading the infection.



## TRICHOMONIASIS

<b>WHAT IS IT?</b>	A protozoal infection of the genital area. It is often called "trike".
<b>HOW DO YOU GET IT?</b>	Through unprotected (without a condom/oral dam) sexual intercourse with someone who has the infection.
<b>SYMPTOMS</b>	There may be no symptoms. Symptoms may include: <ul style="list-style-type: none"> <li>smelly vaginal discharge</li> <li>itching and irritation around the vagina and vulva.</li> <li>pain when urinating</li> <li>discharge from the penis.</li> </ul>
<b>TESTING</b>	A swab from the vulva, less reliable from the penis. Either a urine or swab test.
<b>TREATMENT</b>	Antibiotic tablets.
<b>PARTNERS</b>	Recent sexual partners need treatment. Do not have vaginal, anal or oral intercourse for at least 7 days after you and your partners have been treated. If you do have sex, use a condom or oral dam.



## NON SPECIFIC URETHRITIS (NSU)

<b>WHAT IS IT?</b>	An infection that causes inflammation of the urethra in the penis.
<b>HOW DO YOU GET IT?</b>	It may be spread sexually
<b>SYMPTOMS</b>	Symptoms may include: <ul style="list-style-type: none"> <li>discharge from the penis</li> <li>pain when urinating (but sometimes no symptoms).</li> </ul>
<b>TESTING</b>	A urine test.
<b>TREATMENT</b>	Antibiotics
<b>PARTNERS</b>	Treat with antibiotics. Do not have sex until you are cleared, unless you wear a condom.



## SYPHILIS

<b>WHAT IS IT?</b>	An infection with many different symptoms such as ulcer, or rash, visual or hearing disturbance. In its late stages, syphilis can cause damage to the heart, brain and spinal cord.
<b>HOW DO YOU GET IT?</b>	Through unprotected (without a condom/oral dam) vaginal, anal or oral sex with someone who has the infection. Also spread by close skin contact. Can be spread from mother to baby across the placenta during pregnancy.
<b>SYMPTOMS</b>	Painless ulcer, called a chancre, usually on the genitals. Rarely seen other symptoms may present e.g. rash, visual or hearing disturbance. In its second stage: a rash and maybe other symptoms. It is also common to not have any symptoms at all.
<b>TESTING</b>	A blood test, it can take up to 3 months from infection to go positive.
<b>TREATMENT</b>	Antibiotics - usually by injection.
<b>PARTNERS</b>	Recent sexual partners need treatment. Do not have vaginal, anal or oral intercourse until you and your partners have been treated. If you do have sex, you use a condom or oral dam.



Sexually Transmissible Infections (STIs)

**NGĀ MATE PAIPAI**

1. Sexually transmissible infections (STIs) are infections you can get if you have unprotected sex.
2. Condoms/oral dams are the best protection against STIs. They should be used correctly, every time you have sex.
3. Many STIs have no symptoms – if you have sex with someone new, you should get tested.

# Infections that are sexually transmitted AND transmissible in other ways

## HEPATITIS A

<b>WHAT IS IT?</b>	A viral infection that affects the liver.
<b>HOW DO YOU GET IT?</b>	Through contaminated food or water. Not washing hands after the toilet or before touching food. Hepatitis A can be spread through unprotected sex (without a condom/oral dam) which involves oral to anal contact (rimming).
<b>SYMPTOMS</b>	There are often no symptoms. Symptoms may include: <ul style="list-style-type: none"> <li>• yellowing of the skin and the whites of the eyes</li> <li>• dark urine</li> <li>• abdominal pain</li> <li>• mild flu-like symptoms</li> <li>• nausea.</li> </ul>
<b>TESTING</b>	A blood test.
<b>TREATMENT</b>	Immunisation for prevention. During recovery eat a well-balanced low-fat diet and avoid alcohol and drugs. Avoid anal sex until recovered.
<b>PARTNERS</b>	Immunisation for prevention. Avoid anal sex until recovered.



## HEPATITIS B

<b>WHAT IS IT?</b>	A viral infection that affects the liver.
<b>HOW DO YOU GET IT?</b>	Through unprotected (without a condom/oral dam) vaginal, anal or oral sex with someone who is infected. Also by sharing items that may pierce the skin or have blood on them (needles, syringes, unsterilised instruments, razors, toothbrushes). Through blood transfusion (in countries that do not pre-test blood for transfusion) and from mother to baby.
<b>SYMPTOMS</b>	There are often no symptoms. Symptoms may include: <ul style="list-style-type: none"> <li>• yellowing of the skin and the whites of the eyes</li> <li>• dark urine</li> <li>• mild flu-like symptoms</li> <li>• abdominal pain</li> <li>• nausea.</li> </ul>
<b>TESTING</b>	A blood test.
<b>TREATMENT</b>	Immunisation for prevention. Rest, exercise, eat a well-balanced, low-fat diet. Avoid alcohol and drugs. Ensure that prescription drugs or over-the-counter medications are safe to use. Ask your doctor or pharmacist.
<b>PARTNERS</b>	Always use a condom if partner is not immunised. Protection is offered to babies on the immunisation schedule and to children under 16 years. Free immunisation is available for household and sexual contacts.



## HEPATITIS C

<b>WHAT IS IT?</b>	A viral infection that affects the liver.
<b>HOW DO YOU GET IT?</b>	Through contact with infected blood, sharing needles, syringes and any other equipment. Blood transfusion (in countries that do not pre-test blood for transfusion). Rarely through sexual contact.
<b>SYMPTOMS</b>	There are often no symptoms. Symptoms may include: <ul style="list-style-type: none"> <li>• tiredness</li> <li>• yellowing of the skin and the whites of the eyes (rarely).</li> <li>• mild flu-like symptoms</li> <li>• nausea</li> <li>• dark urine</li> <li>• abdominal pain</li> </ul>
<b>TESTING</b>	A blood test.
<b>TREATMENT</b>	Rest, exercise, eat a well-balanced, low-fat diet, with plenty of fruit and vegetables. Avoid alcohol and intra-venous drugs. Some antiviral treatments are available, talk to your doctor.
<b>PARTNERS</b>	Sexual and needle-sharing partners can have a blood test.

## HIV

<b>WHAT IS IT?</b>	The Human Immuno-deficiency Virus attacks the white blood cells and damages the immune system causing difficulty in fighting infection.
<b>HOW DO YOU GET IT?</b>	Through contact with infected blood, semen (cum), vaginal fluids, sharing needles and from mother to baby. Blood transfusion (in countries that do not pre-test blood for transfusion).
<b>SYMPTOMS</b>	There are often no obvious symptoms for years. Later symptoms may include: <ul style="list-style-type: none"> <li>• early flu-like illness</li> <li>• frequent attacks of thrush and other infections.</li> </ul>
<b>TESTING</b>	A blood test.
<b>TREATMENT</b>	Prevention. Can take medication to prevent getting infection (PrEP) or after unprotected sex (PEP). Can be controlled by antiretroviral medication. Treatments are available for the secondary infections and some cancers. No cure or immunisation available.
<b>PARTNERS</b>	Practise safer sex to prevent transmission. Do not share needles with a partner. Partners should ask for an HIV test.



## PUBIC LICE OR CRABS

<b>WHAT IS IT?</b>	Small lice that live in the pubic hair. These cause inflammation and irritation.
<b>HOW DO YOU GET IT?</b>	Through close body contact, usually during sex with an infected person. Lice can be spread through infected, shared bedding and clothing.
<b>SYMPTOMS</b>	Symptoms may include: <ul style="list-style-type: none"> <li>• intense itching in and around the pubic area</li> <li>• nits (lice eggs) are often found on the pubic hair.</li> </ul>
<b>TESTING</b>	Look for lice and nits.
<b>TREATMENT</b>	Special shampoo, cream or ointment are applied to the pubic area to kill the lice. Clothing and bedding should be washed.
<b>PARTNERS</b>	Treat partners of the last 3 months in same way at the same time.

## SCABIES

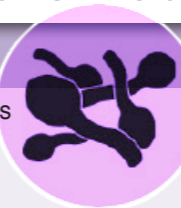
<b>WHAT IS IT?</b>	Small mites that burrow into the skin and cause inflammation and irritation.
<b>HOW DO YOU GET IT?</b>	Through close body contact sometimes during sex. The mites can spread through infected shared bedding and clothing.
<b>SYMPTOMS</b>	Symptoms may include: <ul style="list-style-type: none"> <li>• itching that is worse at night</li> <li>• a rash.</li> </ul>
<b>TESTING</b>	Look for burrows.
<b>TREATMENT</b>	Special lotion, cream or ointment applied to the infected area. Clothing and bedding should be washed.
<b>PARTNERS</b>	Treat partners of the last 3 months in same way at the same time.



# These are not sexually transmissible but can affect the genital area

## THRUSH OR CANDIDIASIS

<b>WHAT IS IT?</b>	Caused by a yeast organism that irritates the mucous membrane of the genitals. Called balanitis if under the foreskin of an uncircumcised penis, and vaginitis or vulvitis if inside or around the vagina or vulva.
<b>HOW DO YOU GET IT?</b>	Can occur after sex but also without sex. Commonly it is an excess of yeast growth when using antibiotics, during pregnancy, when immunity is low or in diabetics.
<b>SYMPTOMS</b>	Symptoms may include: <ul style="list-style-type: none"> <li>• itching around the vagina or vulva, or penis</li> <li>• whitish thick vaginal discharge</li> <li>• a discharge under the foreskin.</li> <li>• a rash</li> </ul>
<b>TESTING</b>	Examination and a swab.
<b>TREATMENT</b>	Creams or pessaries (tablets that are inserted into the vagina) or oral medication. Salt water baths are usually enough for men, and they can also use cream.
<b>PARTNERS</b>	Partners need treatment if showing symptoms.



## BACTERIAL VAGINOSIS

<b>WHAT IS IT?</b>	Can result from an imbalance of normal bacteria in a healthy vagina. The acid/alkaline balance is upset.
<b>HOW DO YOU GET IT?</b>	Can be brought on by anything that changes the balance of bacteria in the vagina e.g. new sex partners, increased sexual activity, but can occur in people who have never had sexual intercourse.
<b>SYMPTOMS</b>	Symptoms may include: <ul style="list-style-type: none"> <li>• greyish white smelly vaginal discharge</li> <li>• smell often worse after intercourse and around period time.</li> </ul>
<b>TESTING</b>	Examination and a swab
<b>TREATMENT</b>	Antibiotic tablets.
<b>PARTNERS</b>	Partners do not need treatment.



## CYSTITIS

<b>WHAT IS IT?</b>	A bacterial infection causing inflammation of the bladder lining. It can spread to the kidneys and cause damage to kidney function.
<b>HOW DO YOU GET IT?</b>	Through bacteria from around the anus getting into the urethra and bladder. It can also be caused through not emptying the bladder properly. Cystitis is much more common in women.
<b>SYMPTOMS</b>	Symptoms may include: <ul style="list-style-type: none"> <li>• burning sensation when urinating</li> <li>• urinating more often than usual</li> <li>• feeling of urgency to urinate</li> <li>• cloudy or bloodstained urine</li> <li>• aching in the lower abdomen, or back.</li> </ul>
<b>TESTING</b>	May not need a test but can check urine.
<b>TREATMENT</b>	Antibiotics. Drink plenty of water. Use pain relief and urine alkalisers e.g. Ural, Citravescent.
<b>PARTNERS</b>	Partners do not need treatment.

