

Let's talk about sex

How do STIs spread?



First Nations Health Authority
Health through wellness

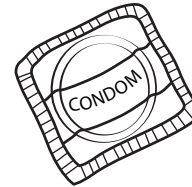


"Sue, your test results don't show any STIs. Do you have any questions about having safer sex?"



"Yes, how do I have safer sex? How would I know if I have an STI? I heard most STIs don't show symptoms."

Use condoms correctly



Dental dams for oral sex



"That's right. You can still pass an STI on to your partner if you don't have symptoms. STIs usually spread through intimate touching and vaginal, oral or anal sex."

When to avoid sex:



Anal bleeding



Itchy rash



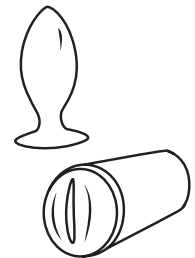
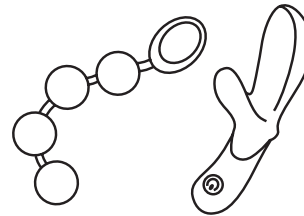
Unusual discharge



Blisters or sores

"If you notice signs of STIs on you or your partner, hold off on sex until you get tested (and possibly treated). Follow advice from a health practitioner."

Clean sex toys before sharing:



"Some STIs can be spread through blood or bodily fluids like semen and vaginal discharge. Some can be spread through skin-to-skin contact."



"STIs can be passed on to your baby during pregnancy and birth. STI testing is a part of prenatal care. If you are pregnant, getting tested can help protect you and your baby."



"Before having sex, talk to your partners about how you want to have safer sex. You can get reinfected even after you get treatment. Test every 3-6 months if you are having sex."