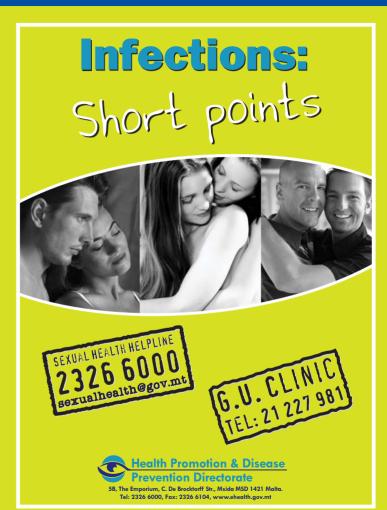
## **Prevention of Infections during all types of Sexual Activity!**

## Sex between women Sex between men & women Sex between men ■ Use a 'dental dam' to avoid blood or vaginal fluids from entering your mouth. A condom which is cut and opened up flat can be used to achieve the same effect. ■ Always use a condom and never let the other person ejaculate in your mouth Use a lubricant because of the increased risk of internal trauma with this type of Anal Sex sexual activity. Use latex gloves especially if there are any cuts on the fingers/hands ■ There is an increased risk of transmission of infections with this type of sexual activity. Therefore it is recommended that one uses condoms with increased strength and a lot of water-based lubricant. Keep in mind that oily creams like: baby oil or Vaseline can cause a condom to break. ■ Use latex gloves especially if there are ■ Always use a condom before your and Vaginal Sex any cuts of the fingers/hands. The use of vour partner's genitals touch. A lubricant decreases the possibility of suffering from lubricant decreases the possibility of suffering from internal trauma. There is internal trauma. There is an increased risk an increased risk of infections during of infections during menstruation. menstruation. ■ There is no risk of infection when you masturbate on your own. If you masturbate together with your partner the risk increases if you use your partner's sperm or vaginal fluid as a lubricant for yourself. Avoid sharing sex toys as these can be soiled with other people's body fluids or blood and so infections can be transmitted this way. Sex toys must always be washed properly after they have been used and as much as possible each person should have his/her own

personal ones.

## **Sexual Health**



How it is transmitted?	Symptoms	Consequences	Treatment			
Chlamydia						
Oral, vaginal and anal sex.  Symptoms may occur up to 4 weeks after coming into contact with the infection	<ul> <li>Abnormal genital discharge</li> <li>Pain whilst passing urine &amp;/or during intercourse</li> <li>Irregular menstrual bleeding</li> <li>Approx 80% of women and 30% of men do not exhibit any symptoms</li> </ul>	Pelvic Inflammatory     Disease (PID)     which can cause     infertility in women     Problems affecting     pregnancy & baby's     health, before and     after delivery	Antibiotics			
Gonorrhoea						
Oral, vaginal and anal sex.  Symptoms may occur up to 1 week after coming into contact with the infection	<ul> <li>Yellowish genital discharge</li> <li>Burning pain whilst passing urine</li> <li>Approx 75% of women and 10% of men do not exhibit any symptoms</li> </ul>	■ Painful testicular inflammation, which can cause male infertility ■ PID which can cause female infertility ■ Problems affecting pregnancy & the unborn baby's health				
Hepatitis B, C						
Contact with infected blood; eg. sharing of needles/sharp objects Vaginal & anal sex It is transmitted from an infected mother to her baby Symptoms may occur several weeks after being infected	<ul> <li>Symptoms similar to the common cold</li> <li>Loss of appetite</li> <li>Yellowing of the skin and whites of eyes (jaundice)</li> <li>Both sexes may not exhibit any symptoms</li> </ul>	■ Inflammation of the liver that may cause cancer and even death	A vaccine exists for the prevention of Hepatitis B but not for Hepatitis C In case of infection a doctor will determine what the best management and treatment are.			

How it is transmitted?	Symptoms	Consequences	Treatment		
Herpes					
Oral, vaginal and anal sex. Symptoms may occur up to two weeks after coming into contact with the infection	<ul> <li>Small fluid-filled blisters around the genitals or and the mouth</li> <li>Symptoms of the common cold</li> <li>Abnormal genital discharge</li> </ul>	Symptoms may recur years later even though treatment would have been taken Infection can result in death of the unborn child.	Antiviral cream and tablets to treat the symptoms, however the virus is not eliminated from the body.		
VIH					
Vaginal & anal sex or contact with infected blood; eg. sharing of needles/sharp objects From an infected mother to her child during pregnancy	Most women and men do not experience symptoms	May cause AIDS      It lowers the immunity so that a person can no longer fight off infections & this may lead to death	In case of infection, doctor will indicate the best management and treatment.		
HPV/Genital Warts					
Oral, vaginal & anal sex  Symptoms may occur several months or years after coming into contact with the infection	Itching around the genital area Small, white or skin-coloured warts that appear around or within the genitals Most women & men do not have any symptoms	Warts might increase in size and spread around the genital area making the infection more difficult to treat Certain changes may occur in the cells of the cervix which can lead to cervical cancer	In case of cervical infection the doctor will determine the best management.  In the case of warts, a liquid treatment is applied to them or the doctor may perform minor surgery under local anaesthetic.		

How it is transmitted?	Symptoms	Consequences	Treatment		
Non-Specific Urethritis (NSU)					
Vaginal & anal sex  Symptoms may occur up to 1 month after coming into contact with the infection	■ In males symptoms may include: Abnormal whitish discharge Burning pain when passing urine ■ Men can pass it on to female partners who may not exhibit any symptoms	<ul> <li>Pain &amp; testicular inflammation which may lead to male infertility</li> <li>PID which can cause female infertility</li> </ul>	Antibiotics		
Syphilis					
Oral, vaginal & anal sex  Symptoms may occur even after 3 months, after coming into contact with the infection	■ A reddish rash covering the whole body ■ Inflamed and swollen glands ■ Flat, warty-looking growths on the vulva/penis and anus	<ul> <li>Symptoms may cease, however the infection persists</li> <li>Can lead to paralysis, dementia, and death</li> <li>Can be fatal for an unborn baby</li> </ul>	Antibiotics		
Bacterial Vaginosis (BV)					
Vaginal douching & use of bubble bath It is not thought to be sexually transmitted	Vaginal discharge which can have a very strong smell It does not affect men	■ It is associated with PID	Antibiotics or cream		
Thrush (Candida)					
Use of antibiotics Use of tights and tight clothes that do not allow air to circulate around the genital area.	<ul> <li>Itching around the genitalia</li> <li>A thick, white genital discharge</li> </ul>	■ If there are symptoms these may persist if they are not treated	Antifungal medicines		