

SEXUALLY TRANSMITTED INFECTIONS

What are Sexually Transmitted Infections (STIs)?

These are infections that are transmitted from an infected person to another through unprotected (with out a condom) sex

What are the effects of sexually transmitted infections?

- ◆ If they are not identified early and treat properly complications may occur:
 - infertility /subfertility in men and women due to Chlamydia and Gonorrhoea
 - effects on the brain and the nervous system (Syphilis)
 - some sexually transmitted infections can recur (Genital herpes, Genital warts)
- ◆ If a pregnant mother gets STIs they can be transmitted to their baby
 - during pregnancy (Syphilis)
 - during delivery (Gonorrhoea, Chlamydia, Herpes)

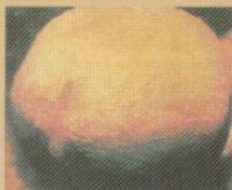
What are the behaviours that put a person at risk of getting STIs

- ◆ having unprotected sex (sex with out a condom)
- ◆ having sex with multupal partners
- ◆ frequent change of partners
- ◆ engaging in sex work
- ◆ having sex with people engaging in sex

What are the symptoms and signs of STIs?



Genital ulcers (Syphilis, Herpes)
Vesicles (Herpes)



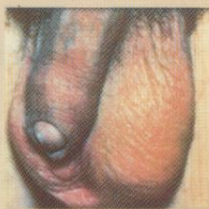
Discharge from urethra (Gonorrhoea, Chlamydia)



Discharge from vagina (Gonorrhoea, Chlamydia, Trichomonaisis)



Genital Warts



Scrotal swelling

How can one know whether he/she has a sexually transmitted infection?a

Single blood test cannot identify all STIs. It is important to see a doctor and get the necessary test done with advice

How can one get protected from sexually transmitted infections ?

- ❑ Abstain from sex till marriage
- ❑ Limit sex to a single faithful partner
- ❑ If having sex with more than one partner always use condoms

Presence of sexually transmitted infections increase the risk of getting HIV

What should be done when a person has symptoms?

- ◆ Avoid sex till you get treatment
- ◆ Get treatment from the nearest STD clinic or any other doctor as soon as you can
- ◆ Complete the course of treatment as instructed by the doctor even if the symptoms have disappeared
- ◆ Attend the follow up appointment as instructed by the doctor to make sure that you are free of infection
- ◆ Make sure your partner is also tested and treated.

Sexually transmitted infections do not show signs and symptoms always,

If

people engage in high risk sexual behaviours, they should attend a nearest STD clinic and get tested.

Most sexually transmitted infections can be treated successfully

**Tests for STIs and treatment
are provided free of charge
from the following clinics**

***Central STD Clinic
29 De Saram Place,
Colombo 10.***

**STD clinics attached to following
General and Base Hospitals**

- | | | |
|---------------|----------------|-----------------|
| ▲ Ragama | ▲ Kalubowila | ▲ Matara |
| ▲ Gampaha | ▲ Kurunegala | ▲ Kegalle |
| ▲ Mahamodara | ▲ Anuradhapura | ▲ Jaffna |
| ▲ Kandy | ▲ Kaluthara | ▲ Nuwara Eliya |
| ▲ Ampara | ▲ Panadura | ▲ Mathale |
| ▲ Hambanthota | ▲ Balapitiya | ▲ Mahiyanganaya |
| ▲ Monaragala | ▲ Negombo | ▲ Ratnapura |
| ▲ Batticaloa | ▲ Chilaw | ▲ Badulla |
| ▲ Polonnaruwa | ▲ Vavuniya | ▲ Trinkomalee |
| ▲ Balapitiya | ▲ Embilipitiya | ▲ Kilinochchi |
| ▲ Balangoda | | |

National STD/AIDS Control Programme

**29, De Seram Place,
Colombo 10.**

Tel: 011 2667163

Web site: www.aidscontrol.gov.lk



National STD/AIDS Control Programme

2009



The Global Fund
to fight AIDS, tuberculosis and malaria



Ministry of Health care & Nutrition