

Information for you.

Sexually transmissible infections (STIs) are caused by bacteria or viruses and are currently on the rise in Queensland. They can be spread through any form of sexual activity, including vaginal, oral and anal sex.

The good news is that with the correct information, regular health checks and the right protection, most STIs can be avoided or treated. If left untreated, STIs can cause serious health problems.

Keeping it safe

A lot of STIs are symptomless which means that you could have one without even knowing. So if you're sexually active, then you should make it safe for yourself and your partner.

Here are a few things that you can do to stay safe:

Use protection

Condoms are a great way to protect yourself and your partner from STIs and help prevent unplanned pregnancies.

Whether it's vaginal, anal or oral sex, a condom is essential if you want protection from STIs. Likewise, if you are using and sharing sex toys, place condoms on them as bodily fluids (semen, blood and vaginal fluids) can transmit STIs.

Go for regular tests

As some STIs are symptomless, testing is the only way to know for sure if you have an STI. How often you go and get tested depends on your lifestyle and how sexually active you are but it is recommended that you get checked at least once a year if you are having sex or with each new partner.

Testing is simple and should be a normal part of your health and wellbeing routine. Most STIs are easily treated, so the earlier you get tested, the quicker you can get the right treatment. If you feel embarrassed, just remember that doctors talk to people about this kind of stuff every day. Getting tested means you are being responsible about your sexual health.

Seek out more info

The **Stop the Rise of STIs** website will provide you with helpful information around:

- The different types of STIs
- Safe sex practices
- Testing
- Treatment
- FAQs

The website also contains links to a range of useful online resources and can connect you with relevant sexual health services in your area.

Visit qld.gov.au/stoptherise to find out more.

**STOP THE
RISE OF STIS**

Get tested. Use protection.
Every year. Every partner.

qld.gov.au/stoptherise



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