



Condoms will reduce your chances of getting an STI. Use condoms every time you have sex.



You can get condoms free from Sexual Health Clinics or some GPs in Forth Valley. You can also buy them from shops or pharmacies.

Call the Clinic Information Line 01786 433697 or check the website for local clinic times.

www.centralexualhealth.org

Remember that it is your choice if you want to have sex or not.

You should never have sex if you don't want to.

We are happy to consider requests for this publication in other languages or formats such as large print.

Please call 01324 590870 (Monday – Friday 8am to 5pm), fax 01324 590867 or email nhsfv-alternativeformats@nhs.net

What you need to know about

Sexually Transmitted Infections





If you have unprotected sex (sex without a condom) you are at risk of getting Sexually Transmitted Infections (STIs). You can get STIs from oral, anal and vaginal sex. You can get STIs if you share sex toys.



Symptoms of STIs can include:

- pain when having a pee
- Itch, bumps or blisters around your genitals
- an unusual discharge from the vagina or penis

If you are worried you should contact the sexual health clinic or your GP.



There are lots of different types of STIs including genital warts, chlamydia and HIV.



Most sexually transmitted infections can be treated. It is best if treatment is started as soon as possible. Tests to check for STIs can be carried out by your GP or at a sexual health clinic.



You don't have to have a lot of sexual partners to be at risk of STIs.



If left untreated many STIs can be painful or uncomfortable. They can also damage your health.