

Understanding

**S**exually

**T**ransmitted

**I**nfections (**STIs**)



An EasyRead Guide

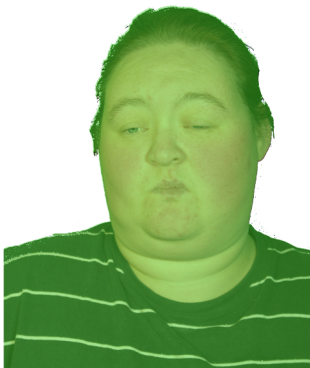


There are lots of different infections you can catch or pass on to someone when you have sex.



Sometimes you can tell you have an infection because you have signs and symptoms.

Sometimes you can have an infection but no signs or symptoms.



If you have an infection it is very important to get it treated, or you may become very ill.



You can avoid catching or passing on an STI if you use condoms.



A male condom is made from thin rubber. The man wears it on his penis.



A female condom is made of thin rubber. The woman wears it inside her vagina.



Condoms help stop you from getting pregnant.



You can get condoms from chemists, machines in toilets and you can get them for free from CASH Clinics or GP surgeries.

There are lots of different sexually transmitted infections. These are the most common :

**Chlamydia**

**Genital Herpes**

**Genital Warts**

**Gonorrhoea**

**Hepatitis B**

**HIV/AIDS**

**NSU-Non Specific Urethritis**

**Syphilis**

**Trichomonas**



If you have sex without using a condom you might catch or pass on any of these infections.

Sometimes if you have caught a STI you will have symptoms:



Thick liquid oozing from the end of your penis or from your vagina.



Pain or burning when you have a wee.



Feeling itchy or getting a rash around your penis and balls or your vagina.



A woman might get heavier periods or bleeding in between periods.

You might get any of these symptoms or you might get none of them.



If you have had sex and not used a condom, you might have a STI even if you don't have any symptoms.

If you do not get treated the STI will not go away.



You will pass the infection on to anyone else you have sex with.



In time you may become seriously ill and not able to have children.



Some STIs can even kill you if they are not treated.



If you think you might have an infection, you can get tested by your GP, at any CASH Clinic or at The Trinity Centre. Contact details are at the end of this booklet.



Most STIs can be treated and cured, so do not worry.



Anything you say to a nurse or doctor at the clinic will be private and confidential.

They will not tell your family or your GP.



You can book an appointment at the clinic or just turn up at a drop-in session.



You might have a blood test.



Or a swab from the end of your penis or the inside of your vagina.



Or a urine test.



If you do have an STI most can be treated with medicines or ointment.





If you have had sex and not used a condom you might have an infection.



You might not have any symptoms but you should have a check-up.

You can go to any of these places for a check-up. They are free, and are confidential. Nobody will tell anyone you have been.

Trinity Centre,  
Trinity Road  
Bradford, BD5 0JD

You do not need an appointment.

Any CASH Clinic.

There are many across the district.

Telephone 01274 200024 to find your nearest one and make an appointment.

For more information about contraception and sexual health, you can go to:

[www.bash.nhs.uk](http://www.bash.nhs.uk)



Or Telephone  
01274 200024

This booklet was made by those who need accessible information working with btm.

For more information or extra copies please contact:

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