

SEXUALLY TRANSMITTED INFECTIONS (STIs)



Key points:

1. STIs are very common.
2. STIs are spread by having unprotected sex.
3. HIV is an STI.
4. STIs increase the chances of getting HIV.
5. STIs are easy to treat.

Sexually transmitted infections (STIs) are very common. Each year in South Africa 5 out of every 100 people who are over 15 years old and sexually active are treated for an STI. STIs are spread by having unprotected sex. HIV is also an STI. Unlike most STIs, which are easy to treat or cure, there is no cure for HIV. But if you have sex while you

or your partner have an STI, the chances of being infected with HIV are much greater. This means that untreated STIs increase the risk of HIV transmission. Sexually transmitted infections are also sometimes called sexually transmitted diseases (STDs).



Terms

In this chapter, we may use terms you have not heard before. Please look in the Glossary for a full definition of any words you do not understand when using this manual. Please see the table below for a list of terms translated into different languages used throughout South Africa. You can also write down everyday language that you commonly use to describe these terms.

TERMS	ISIXHOSA	ISIZULU	SESOTHO	SLANG
STIs	<i>Izifo zangaphantsi</i>	<i>Izifo zongcansi</i>	<i>Mafu a thobalano</i>	
Unprotected sex	<i>Isondo elingakhuselekanga</i>	<i>Ungcansi olungaphephile</i>	<i>Motabo o sa sireletsehang</i>	
Risk	<i>Umngcipheko</i>	<i>Ubungozi</i>	<i>Kotsi</i>	
Semen	<i>Incindi yobudoda</i>	<i>Icena</i>	<i>Lero</i>	
Pre-ejaculate	<i>Ukushuta / Uchama msinya</i>	<i>Luchitheko lwe ncindi yobudoda</i>	<i>Ho rota pele ho nako</i>	
Vaginal fluid	<i>Irhewu letswele / Incidi yobufazi</i>	<i>Amajusi aphuma esithweni sangasese somuntu wesifazane</i>	<i>Maro a botshehadi</i>	
Sexual activity	<i>Ukuthatha inxaxheba kwezocantsi / ukwabelana ngesondo</i>	<i>Ukuya ongcansini</i>	<i>Ketso tsa motabo</i>	
Sexual partner	<i>umntu olalana naye/ Umntu owabelana naye ngesondo</i>	<i>Umuntu oya naye Ongcansi</i>	<i>Molekane thobalanong</i>	
Misleading	<i>Ukulahlekiswa</i>	<i>Ukungenzi into Enhle</i>	<i>Ho kgelosa</i>	
Discharge	<i>Incindi zangaphantsi</i>	<i>Ubumanzi obuphuma ngaphansi</i>	<i>Seso</i>	
Infectious	<i>Iyosulela</i>	<i>Ukusuleleka</i>	<i>Ho tshwaetsana</i>	
Gonorrhoea	<i>Idrop/igonoraya</i>	<i>Idrop</i>	<i>Konorea</i>	
Inflammation	<i>Ukudumba</i>	<i>Ukuvuvukala</i>	<i>Ho ruruha</i>	
Chlamydia	<i>Isifo sangaphantsi</i>	<i>Ichlamydia</i>	<i>Tlelamedia</i>	
Chancroid	<i>Isilonda esifikayo</i>	<i>Ichancroid</i>	<i>Konkoroete</i>	
Trichomoniasis (trick)	<i>itrichomonias</i>	<i>itrichomonias</i>	<i>Teriki</i>	
Herpes	<i>Inyebethu</i>	<i>Izilonda zomkhuhlane</i>	<i>Peisi e fupileng</i>	
Cure	<i>Ukunyanga</i>	<i>Ukulapha</i>	<i>Phekolo</i>	
Treatment	<i>Unyango</i>	<i>Imishanguzo</i>	<i>Pheko</i>	
Syphilis	<i>Igcushuwa</i>	<i>Ungcunsula</i>	<i>Sefilisi</i>	
HPV	<i>Intsholongwane efulaneka esibelekweni</i>	<i>Egciwane lomdlavuzwa wesibeletso</i>	<i>Kokwana e bakang Mofetshe wa molomo wa popelo</i>	
Cervix	<i>Umlomo wesibeleko</i>	<i>Isibeletso</i>	<i>Popelo</i>	
Cervical cancer	<i>Umlaza womlomo wesibeleko</i>	<i>Ikhensa yesibeletso</i>	<i>Mofetshe wa molomo wa popelo</i>	
Vaginal thrush	<i>Vaginal thrush/ Inkunkqa</i>	<i>Izilonda zesitho Sangasese</i>	<i>Lekgopho sesading</i>	
Hepatitis B	<i>Intsholongwane efulaneka esibindini</i>	<i>igciwane elitholakala esibindini</i>	<i>Ho ruruha ha sebete</i>	

ABOUT THIS CHAPTER

It is important to understand why STIs increase the chances of getting HIV. This chapter covers:

This chapter covers:

- What are STIs?
- What is the relationship between STIs and HIV?
- Different kinds of STIs – symptoms and treatment
- How to prevent STIs



Welcome to Chapter 6 in the Health Literacy Manual. In this chapter we are going to talk about sexually transmitted infections (STIs). We are going to discuss the different kinds of STIs, how to identify them and how to treat them. We will ask look at how having untreated STIs increases the risk of transmitting HIV.

What are STIs?

Episode 5, Chapter 1



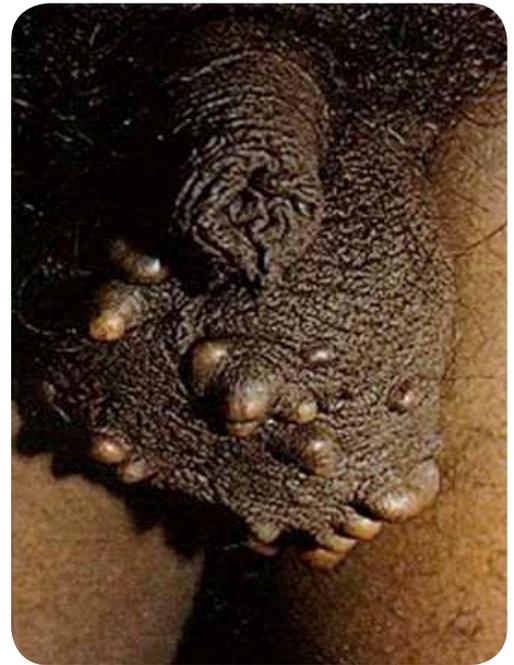
STIs are infections that are caused by different germs (pathogens). This means that STIs are caused by bacteria, viruses, protozoa or fungi. They are transmitted by having unprotected sex and coming into contact with sexual fluids (semen, pre-ejaculate and vaginal fluid) and the surfaces of the penis, vulva, rectum and mouth. STIs are easily transmitted through the mucous membranes (thin skin or covering) of the genitals, rectum and mouth because these membranes are different to skin and allow pathogens into the body. This is one of the reasons why many infections can be transmitted through sexual contact, but not through hugging or shaking hands. All sexual contact that involves bodily fluids should be considered risky.

It is not possible to get an STI unless you are having unprotected sex with someone who is infected with the STI. Although some sexual activities are more risky than others, in general all sexual activities between 2 (or more) people should be considered as a way of both giving and receiving STIs. The use of condoms does decrease your risk of getting STIs but is not 100% safe, because even with a condom you could still come into contact with infectious areas of the genitals.

Each STI is caused by a different germ and has different symptoms. Treatment of STIs is prescribed according to the symptoms. This means that even without identifying which germ has caused the infections, it can still be treated. If you are treated for an STI, it is strongly recommended that your sexual partner gets treated as well, otherwise they will re-infect you. If you have more than 1 sexual partner, then all your partners should be treated. Men are often shy to show an STI to female nurses. There is no reason to be shy. Health workers are there to help you. Health workers must behave professionally and respect your confidentiality at all times.

One of the biggest problems with STIs is that many of them are slow to develop symptoms or you cannot see the infection. This means that you could easily have sex with someone who has an STI and not know it. It also means that you can easily infect your partner before you discover you have an STI. We have all seen pictures that look like this (right) in clinics and other booklets.

I am sure you have thought, “I would never sleep with someone who looked like that – so this doesn’t apply to me!” These kinds of pictures are VERY MISLEADING. With many STIs the discharges or lesions can be very small. You might not be aware of them – and still be having sex with your partner. Even though you might not be aware of the small discharges, they are infectious. In women, STIs might not show as easily because they are inside the vagina. So it’s important to be aware of STIs and get treated as soon as possible. Avoid having sex while you or your partner has an STI.



These kinds of photographs of STIs are very misleading. Most STIs are difficult to see in the early stages when you can still be infected with them.



DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

1. How are STIs spread?

STIs are spread through unprotected sex.

2. What are STIs caused by?

STIs are caused by germs (pathogens), such as fungi, protozoa, bacteria and viruses

3. If you have an STI, why should your partner be treated for the STI as well?

If you have an STI it is likely that your partner will have it too and so should be treated to avoid re-infection.



What is the relationship between STIs and HIV?

The biggest problem about STIs is that they increase the chances of you getting HIV. If you or your sexual partner has an STI and HIV, the chances of passing on or getting HIV increase dramatically. This is for 2 reasons. Firstly, many STIs, such as gonorrhoea (idrop), syphilis and herpes may create little cuts or tears or breaks in the skin. If your partner is HIV positive, the HIV can enter your body through these breaks in the skin during sex. Secondly, the discharges from any STI contain a very high concentration of HIV. As we have learned the infectiousness of a body fluid depends on the amount of HIV found in it. Different body fluids have more or less HIV in them.

For example, saliva and tears have very low concentrations of HIV and so are not infectious. Blood, semen and vaginal fluid have high concentrations of HIV and the discharge from STIs is even more infectious. This means that when you have unprotected sex with someone who has an STI discharge, your chance of being infected with HIV is even higher. For this reason, never have sex if you think you or your sexual partner has an STI. There is treatment for all STIs so make sure you get treated the moment you see signs of a discharge from the vagina, penis or anus. Don't wait and hope that it will go away.

The most important thing to remember is to get treated. Always finish your pills. If you don't finish your medication the STI will come back. Even if the symptoms disappear after a few days, finish all your pills as instructed by your health care worker and pharmacist. Never share your pills with friends.



DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

1. Why does having an STI increase your chances of getting or passing on HIV?

STIs create tiny cuts in the skin and so it is easier for HIV to enter the body. STIs also release a discharge which has a high concentration of HIV and so if you come into contact with that discharge your chances of getting HIV are increased.

2. Why are tears and saliva not infectious with HIV?

Tears and saliva have a very low concentration of HIV and so they are not infectious.

3. Which bodily fluids have a high concentration of HIV and are infectious?

Blood, semen, vaginal fluid and STI secretions all have high concentration of HIV and are infectious.

4. What will happen if you don't finish your medication?

If you don't finish your medication, the STI will come back.

GONORRHOEA



Gonorrhoea is also called 'idrop'. The symptoms of gonorrhoea are like other STI-related discharges and include:

- Discharge from the penis or vagina
- Yellow-green foul-smelling discharge
- Pain and itchiness
- Irritation and inflammation
- Discomfort in lower abdomen
- Pain during sex
- Burning feeling when you urinate
- In men the tip of the penis is inflamed

Gonorrhoea and other discharges are caused by bacterial infections so they can be cured with antibiotics such as Doxycycline, Metronidazole and Ciprofloxacin. As we said earlier, most STIs are treated symptomatically so if you have a discharge you will be treated with antibiotics. Most of the time, the health care worker will not waste time trying to find out exactly which germ has caused the STI and will rather give you treatment for the symptoms.

Gonorrhoea is caused by the germ *Neisseria Gonorrhoeae*. Like other STIs, it is prevented by using a condom when having sex. If you are being treated for gonorrhoea, your partner should also be tested and treated to avoid re-infection. If you have more than 1 sexual partner, they should all be treated. You should also not have sex while you are being treated, even if the symptoms have gone away. Also remember to always complete your medication.



Personal Story:

"My name is Benjamin Dyonase. I'm 24 years old. I live in Khayelitsha. I'm coming to the clinic to check out my problems down below. I used to have sex without a condom, flesh to flesh. Now I use a condom because of the STI I got. I used to boast about having sex without a condom, flesh to flesh. Now, when I sleep with a woman, I use a condom. I've realised that not using a condom is very dangerous and it's given me many problems to deal with afterwards."



Here are photos of Doxycycline & Ciprofloxacin. Remember that many medicines can come in different packaging and be sold under different brand names.

Always finish
your medication for
treating STIs

DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

1. What is another name for gonorrhoea?

Another name for gonorrhoea 'idrop' because of the discharge that it causes.

2. What is gonorrhoea treated with?

Gonorrhoea is treated with antibiotics.

3. Can gonorrhoea be cured?

Yes, gonorrhoea can be cured because it is a bacterial infection.

CHANCROID

Chancroid is caused by a bacteria called *Haemophilus Ducreyi* and contracted through unprotected sex. Symptoms are sores (ulcers) that are painful and tender when touched and can be found on the mouth, lips, anus, tongue, vagina or penis. Glands near the affected area also become sore and swollen. About 50% of infected men have only 1 ulcer (sore), while most women have 4 or more sores. Chancroid is common in the developing world and has been associated with high risk of HIV infection. This is because of the open sores, as well as the fact that people are having unprotected sex. It is treated with antibiotics, such as Azithromycin, Ceftriaxone or Erythromycin.

TRICHOMONIASIS (TRICK)

Trichomoniasis is an STI caused by a protozoan infection called *Trichomonas Vaginalis*. It is the most common protozoan infection in industrialised countries and many infections are asymptomatic (don't have any symptoms). Symptoms are:

- Yellow-green foul-smelling discharge
- Pain and itchiness
- Irritation and inflammation
- Discomfort in lower abdomen
- Pain during sex
- Burning when you urinate
- In men, the tip of the penis is inflamed



Diagnosis is made by testing the urethra and/or vagina for abnormal discharge. A PAP smear will confirm the diagnosis. Trichomoniasis is treated with antibiotics (Metronidazole or Tinidazole) and without treatment it can persist for years. It is also dangerous if you are pregnant, because it can cause premature delivery, low birth weight and increased mortality. Condoms are effective at preventing infection.



DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

1. What causes Trichomoniasis or Trick?

It is caused by a protozoan infection.

2. What are some of the symptoms?

Yellow-green foul-smelling discharge, pain, itchiness, burning when urinating and inflammation are all symptoms.

3. How is it treated?

Trichomoniasis (Trick) is treated with antibiotics.

HERPES

Herpes is caused by Herpes Simplex Virus. It shows as small blisters that give off a discharge on the penis or in the vagina. Once you have been infected with herpes, the virus will always be in your body. Like HIV, herpes is also a virus for which there is no cure. The good news is that it can be easily treated and controlled. Herpes only becomes a problem when it flares up when you are stressed or ill.

There are two kinds of herpes virus. Cold sores, or herpes sores around the mouth, are caused by Herpes Simplex 1. Herpes Simplex 2 causes sores around the genitals (anus, penis and vagina) and is an STI. Herpes blisters can be very small and it's possible that you can have sex with someone and not know that they have herpes.

The treatment for herpes is Acyclovir. Remember that because herpes is a virus it cannot be cured and can only be treated. You can prevent getting herpes by abstaining from sex or using condoms. You can also prevent yourself from getting herpes if you are in a monogamous relationship and your partner does not have herpes. But as we have said before, using a condom every time you have sex is always a good idea. If you are pregnant and have herpes, a caesarean section can be used to prevent transmission to the child.

You need to start treatment for herpes the moment you feel the signs of an outbreak coming on - this is usually a tingling sensation – because herpes is a disease of the nerves. If herpes is very bad Acyclovir can be used as a prophylactic treatment to prevent outbreaks.

Episode 5, Chapter 4



Acyclovir can be used for both Herpes Simplex 1 and 2, because it is a similar virus. You can get Acyclovir in a cream, as well as tablets.

As Herpes is caused by a virus, it can only be treated and not cured



DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

1. What kind of germ causes genital herpes?

Genital herpes is caused by a virus called Herpes Simplex 2.

2. Can herpes be cured?

No, herpes cannot be cured because it is a virus, but it can be treated and controlled.

3. What is the name of the medication that treated herpes?

Acyclovir is used to treat herpes.

4. What does it mean if you use a medication as prophylactic treatment?

Prophylactic treatment means that you take medication to help prevent the infection.



Syphilis is caused by bacteria called *Treponema Pallidum*. The problem with syphilis is that often people do not know they have been infected at first because there is no pain. Like all STIs it is very important to treat the infection as soon as possible. Syphilis infection goes through different stages when the symptoms are different.

In Stage 1 or when the infection is new, an ulcer or open sore called a chancre (you pronounce this “shang ker”) is found at the place where first contact with the syphilis bacteria happened. This painless sore forms about 21 days after first exposure to the syphilis bacteria and is infectious. The sore is usually found on or around the anus, mouth, penis or vagina. Sometimes the sore can go away, but you still have the infection and will progress to Stage 2. Treatment for Stage 1 syphilis is antibiotics.

In Stage 2 which usually happens within 1 to 6 months, you get a reddish-pink rash and measles-like sores on the body, especially around your middle and hands and feet. People often have flu-like symptoms with headaches and swollen glands, as well as spots on their tongue. This stage can last for a year. Treatment for Stage 2 syphilis is antibiotics.

Stage 3 happens when syphilis is untreated and takes between 1 to 10 years. It is very serious. In Stage 3, the infection attacks the skin, bones and nerves. Big growths are found all over the body and on the skeleton. At this stage, syphilis can cause blindness, heart disease and brain damage that can lead to neurosyphilis, which is meningitis caused by syphilis. If a pregnant woman has syphilis, it can also harm her unborn child. The treatment for syphilis in Stage 3 is an injection of penicillin weekly for 3 weeks.



Here is a photo of penicillin, which can come in tablets or be used in injections.

It is important to get treated early for Syphilis to prevent serious complications



DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

1. What is the first sign of infection with syphilis?

A sore or chancre at the place of infection is the first sign of syphilis infection.

2. What happens in Stage 2 of syphilis infection?

Stage 2 syphilis infection is usually a rash or measles-like sores. People also have flu-like symptoms and spots on their tongues.

3. What part of the body does the syphilis infection attack in Stage 3?

In the third stage of syphilis, the infection attacks the skin, bones and nerves. It can cause blindness, heart disease and brain damage.

4. How is syphilis treated in Stage 1?

It is treated with antibiotics.

HPV (HUMAN PAPILLOMAVIRUS)

Episode 5, Chapter 6



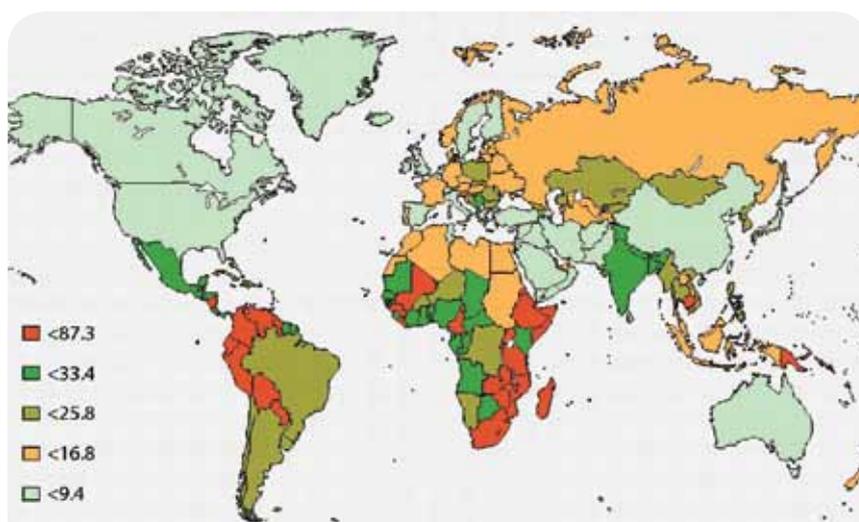
HPV is a virus. There are different kinds of HPV, but we are going to talk about genital HPV which is an STI. There are more than 40 types of HPV that infect the genital areas, such as the skin of the penis, vulva (outside the vagina) and anus. HPV can also infect the linings of the vagina, cervix and rectum. Most people who become infected with HPV don't know they have it. This is because some kinds of HPV have no symptoms that you can see.

Some kinds of HPV cause genital warts in men and women. Genital warts are usually small bumps. They can be raised or flat, single or multiple, small or large and sometimes look like cauliflower. If you have sex with an infected person, warts may appear within a few weeks or a few months. These warts do not develop into cancer.

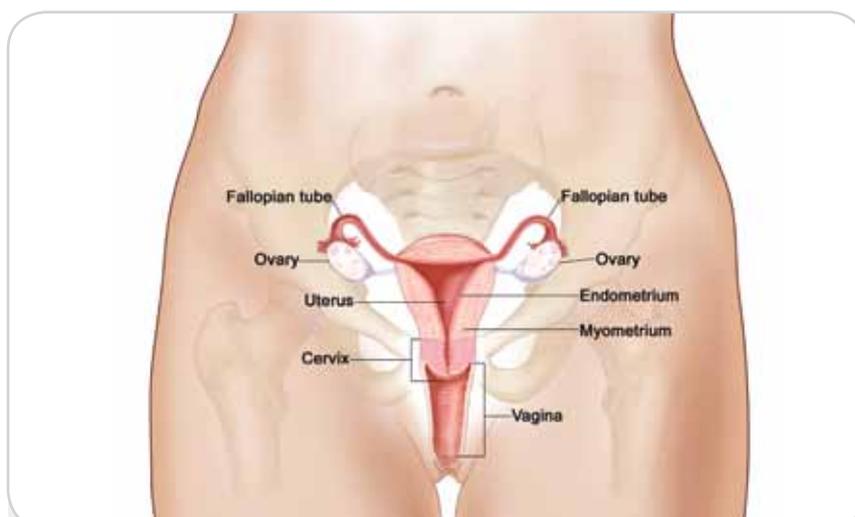
Other types of HPV can cause cancer. The types of HPV that cause warts are not the same as the kinds that cause cancer. The most common kind of cancer that HPV causes is cervical cancer. Cervical cancer is the second most common cancer among women worldwide and the most common cancer among women in poor countries. Any woman can develop cervical cancer as a result of HPV, but if your immune system is weak, like when you are HIV positive, it is much more likely to occur.

Cervical cancer does not have symptoms until it is quite advanced. This is why it is important to get screened regularly for cervical cancer by going for a PAP smear. This is especially important for women living with HIV. Currently South African government policy is to provide women with 1 in 10 years. But for women living with HIV it is recommended that PAP smears are performed at least once a year or more frequently.

Women must have regular pap smears to screen for cervical cancer



This map shows the percentage of women who die from cervical cancer worldwide. You can see how Africa and other developing nations in South East Asia and South America are affected.



Here is a drawing that shows the female reproductive system. It shows clearly where the cervix is.



DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

1. What can the different kinds of genital HPV cause?

Genital HPV can cause genital warts or other kinds can cause cancer.

2. What kind of cancer does HPV cause most of the time?

HPV causes cervical cancer in women most of the time.

3. What should all women do to check for cervical cancer?

All women should go for regular PAP smears to check for cervical cancer.

4. Why are HIV positive women at greater risk of cervical cancer?

Because their immune systems are weakened, HIV positive women are at greater risk of cervical cancer and so should go for PAP smears once a year.

VAGINAL CANDIDIASIS (THRUSH)

Although vaginal thrush is not an STI, it can be spread sexually. It is caused by the Candida fungus and usually affects women with compromised immune systems. Both HIV positive and HIV negative women can get thrush, but with HIV positive women it is usually much more serious. Certain medications, such as oral contraceptives, steroids and antihistamines can increase the chances of getting thrush. Wearing tight pants or synthetic fabric underwear can also cause thrush. It is much better to wear cotton underwear. Fragranced soaps can also cause thrush. If you are HIV positive or often get thrush it is recommended that you use mild, non-fragranced soaps. The green Sunlight soap bars that are usually used for washing clothes are good because they are mild.

The symptoms of thrush include a discharge, itching or white paste on the outside of the vagina. Men very rarely have any symptoms, but can carry the fungal infection so it is a good idea to treat your partner as well. Vaginal thrush can be treated with plain yoghurt if it is not too serious. Plain yoghurt means that there are no colourants or flavours added. Plain yoghurt has certain bacteria that can fight the fungal infection. You can also use antifungal creams, which are available at clinics and pharmacies. If it is more serious, you can take Fluconazole.



DISCUSSION POINTS

In a group talk about the following questions and see if you can answer them.

1. What is vaginal thrush caused by?

Vaginal thrush is caused by the Candida fungus.

2. Is vaginal thrush an STI?

No, vaginal thrush is not an STI but it can be spread sexually.

3. What kind of medications can increase the chances of getting thrush?

Oral contraceptives, steroids and antihistamines can increase the chances of getting vaginal thrush.

4. How do you treat vaginal thrush?

Vaginal thrush can be treated with plain yoghurt if it is not serious, or it can be treated with antifungal creams. For more serious thrush Fluconazole can be taken.

HEPATITIS B

Hepatitis B is the inflammation of the liver and is caused by the Hepatitis B virus. It is spread in a number of ways and so is not only sexually transmitted. It can be transmitted through blood products, blood transfusion, unprotected sex, using contaminated needles or syringes and transmission from mother to child during childbirth. However, at least 30% of Hepatitis B among adults cannot be associated with a risk factor like the ones listed.

Hepatitis B infection can be cleared by the immune system on its own within weeks to months. This kind of Hepatitis B is called 'acute' and symptoms include:

- Fatigue
- Loss of appetite
- Fever
- Diarrhoea, vomiting
- Nausea, weight loss
- 25 - 30% affected develop jaundices
- Swelling of the liver

The illness may last a few weeks and then slowly improves in most people. It may also be asymptomatic which means there are no symptoms.

Then there is another kind of Hepatitis B infection which is called 'chronic' infection because it lasts a long time. Chronic infection can also have no symptoms or it could lead to cirrhosis of the liver, which is why people with Hepatitis B are encouraged not to drink alcohol.

It is diagnosed with a blood test and by finding the antibodies. Acute Hepatitis B infection does not usually need treatment because the infection clears. Treatment of chronic (long lasting) Hepatitis B infection is usually an Alpha-interferon injection. Because Hepatitis B is a virus it can also be treated with antiviral drugs, such as EpiVir (3TC).



Here is a photo of generic 3TC.

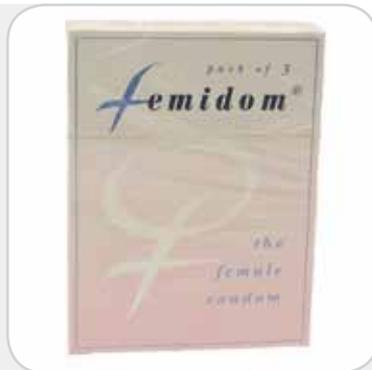
WORKBOOK NOTES

How to prevent STIs

Episode 5, Chapter 1



As we have learnt most STIs can be prevented by using condoms. We have also talked about male condoms and female condoms (femidoms) in a lot of detail in the chapter on HIV prevention. You might want to read through that chapter again. Even though condoms can help prevent many STIs, remember that some STIs are also spread through contact with the mucous membrane (thin skin or lining) on the genitals, rectum and mouth and so condoms are not always effective because they only cover the shaft of the penis (male condom) or the inside of the vagina (female condom).



Always use a condom every time you have sex to prevent HIV and STIs.

Prevent STIs by using condoms & reducing the number of sexual partners

Another way to reduce your chances of getting STIs is to reduce the number of your partners or to be faithful to 1 partner. Like HIV, all STIs spread much quicker in sexual networks, where people have more than 1 sexual partner, who also has more than 1 sexual partner. So reducing your partners and using a condom every time you have sex helps prevent you getting STIs. The only 100% safe way to prevent STIs is not to have sex.

Congratulations on completing Chapter 6 of the Health Literacy Manual. We have learnt a lot about STIs in this chapter. HIV is also an STI. While many STIs can be cured, there is no cure for HIV. Remember that having untreated STIs greatly increases your chances of getting or passing on HIV. STIs create small cuts and openings in the skin or genital area where HIV can enter. STIs also produce discharges or secretions which have a very high concentration of HIV and are very infectious. Treat STIs as soon as you think you have one. Always finish your medication. Protect yourself. Protect others.



BEFORE WE END OFF

Make sure all questions have been answered. It is important that you understand the following key points:

1. STIs are very common.
2. STIs are spread by having unprotected sex.
3. HIV is an STI.
4. STIs increase the chances of getting HIV.
5. STIs are easy to treat.



MULTIPLE CHOICE QUESTIONS

Name :

Circle the correct answer for each question. You can only choose 1 answer for each question.

1. Which of the following is not an STI?

- a) HIV
- b) Syphilis
- c) HPV
- d) Shingles

2. You can get an STI if:

- a) Your partner bites her earring during sex.
- b) Your partner has a tattoo.
- c) Your partner has an STI and you have unprotected sex.
- d) Your partner has sex with someone else.

3. STIs are caused by?

- a) Sex before marriage
- b) Germs (pathogens)
- c) Having sex with the light on
- d) Condoms

4. Which statement is true?

- a) You can always see if your partner has an STI.
- b) You don't have to worry about STIs because they're not serious.
- c) STIs increase your risk of getting HIV.
- d) Only homosexuals get STIs.

5. Which of the following statements is not true?

- a) STIs create small cuts or tears that allow HIV to enter the body.
- b) Most STIs are easy to treat if you treat them early.
- c) STIs produce discharge and secretions that have high concentration of HIV.
- d) STIs produce discharge and secretions that have a very low concentration of HIV.

6. Which of the following statements is correct?

- a) You can share your STI treatment.
- b) You must always finish your STI medication.
- c) You can stop your STI treatment as soon as you feel better.
- d) You don't need treatment for STIs – they go away by themselves.

7. Another name for gonorrhoea is:

- a) Crabs
- b) The drop
- c) The itch
- d) The sin

8. Genital herpes is caused by a:

- a) Virus
- b) Protozoa
- c) Bacteria
- d) Fungus

9. Which cancer does HPV most commonly cause?

- a) Skin cancer
- b) Cervical cancer
- c) Breast cancer
- d) Bone cancer

10. HIV positive women should:

- a) Go for PAP smear every 4 years.
- b) Go for a PAP smear every year.
- c) Not have sex.
- d) Never go for a PAP smear.



WORKBOOK NOTES

A large area for writing notes, consisting of 20 horizontal dashed orange lines on a light gray background.