



Testing is the first step to planning your future - with or without HIV.

WE ARE ALL AT RISK

- Everyone has sex. You need to protect yourself and your sexual partner.

PREVENTING HIV

- Medical Male Circumcision (MMC) reduces a man's risk of getting HIV by up to 60%. Circumcisions are free and are available at many government clinics and hospitals. Ask at your clinic for your nearest MMC site.
- Circumcision only provides partial protection. You must still use a condom every time you have sex - even if you are circumcised.
- Reducing your number of sexual partners reduces your chances of getting HIV.
- Being drunk lowers your inhibitions and may increase risky sexual behaviour. Reduce your alcohol intake.
- You can have sex and not give HIV to your partner if you use a condom every time you have sex.
- Get treatment immediately for any infection or discharge in your penis, vagina or anus. Health workers are trained and are used to seeing genitals. There is nothing to be shy about.



Protect Yourself. Protect Others.

HIV TESTING

- You should receive counselling before testing. Counselling prepares you for the result, so you can think how a positive or a negative result will affect you.
- You should also receive counselling after your test.

IF YOU TEST HIV POSITIVE

- You need to start on ARVs and remain on them for life.
- You can live a full and normal life, including having a family and achieving your dreams.
- Thanks to ARVs, HIV is a chronic manageable condition like diabetes or high blood pressure (hypertension).
- Get informed. Plan your future. Speak to your health worker.

IF YOU TEST HIV NEGATIVE

- Believe you can stay negative. Protect yourself. Protect others.
- Make a plan to reduce your risk of HIV.
- If you are a man, think about being circumcised. Medical Male Circumcision (MMC) reduces a man's risk of getting HIV by up to 60%.
- Reduce your number of sexual partners.
- Use a condom every time you have sex - even if you are circumcised.
- Ask your clinic about female condoms.
- Test again in 6 months.



Community Media Trust

021 788 9163

www.cmt.org.za • www.siyayinqoba.co.za



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ENGLISH

STIs

YOU CAN TREAT THEM!

*STIs are easy to treat.
Let us tell you how.*



Protect Yourself. Protect Others.

STIs

- STI: Sexually Transmitted Infections are any infection you get through sexual contact with the genitals of an infected person. This includes vaginal, oral and anal sex. This is the only way you can get an STI.
- Only herpes can be transmitted through mouth-to-mouth kissing.
- Syphilis, gonorrhoea, herpes, chlamydia and hepatitis B are all STIs.
- Each STI is caused by a different germ.
- HIV, the virus that leads to AIDS, is also an STI - but it can also be transmitted through blood and breast milk.

PROTECT YOURSELF

- You can protect yourself and your sexual partner from STIs, including HIV, if you use a condom every time you have sex.
- If you have unprotected oral sex (blow job, licking vagina) with someone who has an STI you can be infected.
- It is very rare to get HIV from oral sex. It is mostly transmitted through unprotected vaginal and anal sex.
- You may have seen pictures of terrible looking STIs and thought that you would never have sex with someone looking like that! In the early stages most STIs are invisible. You can have a small discharge and not be aware of it. But even if you cannot see anything, STIs are still highly infectious and can easily be passed on to others.



**Anyone can get an STI.
Use a condom everytime you have sex.**

TREATMENT OF STIs (OTHER THAN HIV)

- The good news is that most STIs (other than HIV) can be cured with antibiotics.
- If you have any kind of discharge, smell or pain from your vagina, penis or anus you must go and see the doctor or nurse right away.
- The earlier you go to the clinic and get treated, the easier it is to cure the infection.
- Always finish all the medicine you are given even if the infection looks like it has gone away.
- If you stop taking medicine before it is finished, the infection may come back again.

STIs AND HIV

- Never share your pills.
- If you have an STI it makes it easier to get HIV.
- The discharge from STIs contains a lot of HIV. When you have sex with someone who has HIV and who also has an STI, these fluids can easily infect you with HIV.
- If you have an STI it can make little cuts or breaks in the skin. HIV can enter your blood stream through these small cuts or breaks.
- If you have HIV and herpes, you are highly infectious to your sexual partner for both herpes and HIV.
- Herpes can be treated with acyclovir. You need to start treatment the moment you feel the tingling in the nerves that tells you a new outbreak is starting.
- Herpes remains in the body even when there are no symptoms. It is not infectious when there are no symptoms.
- The symptoms can occur at any stage - even if you are NOT having sex with anyone. Having the flu, stress, poor diet, can all cause a new outbreak to occur.

THINGS TO REMEMBER

- Anyone can get an STI, from a president to a bishop!
- There is nothing to be ashamed or embarrassed about. Your nurse is used to looking at genitals and is a professional who knows how to treat STIs.
- Not treating your STIs greatly increases the risk of getting HIV.
- If you are HIV positive, you are much more likely to infect your sexual partner if you have an untreated STI.



HIV, the virus that leads to AIDS, is also an STI.



The good news is that most STIs can be cured. The earlier you go to the clinic, the easier it is to cure.



Use a condom every time you have sex.



Get Tested. Get Treated.
