

STI/CONDOM Month 2021



Sexually Transmitted Infections (STIs) do not discriminate or respect boundaries; they can affect anyone who is sexually active regardless of nationality, race, ethnicity, religion, gender, sexual orientation, and economic status.



STIs are among the most common communicable diseases and is a major public health challenge. People become infected with STIs through having unprotected vaginal, anal or oral sexual intercourse with infected partners. A large proportion of people with STIs may not have any signs or symptoms and may be unaware that they are infected.

Common signs and symptoms of STI include:

- » Abnormal vaginal or penile discharge
- » Pain during urination
- » Ulcers in the genital area
- » Swellings in the groin and genital warts

Untreated STIs can result in long-term complications, such as:

- » Ongoing lower abdominal pain
- » Infertility
- » Adverse pregnancy outcomes



People infected with STIs may be at increased risk of acquiring HIV, and also of transmitting HIV to their partners if they have STI-HIV co-infection. Therefore, HIV testing and linkage to care is an important part of STI management.



Most STIs can be properly treated and even cured if diagnosed early enough. Treatment for STIs is given free of charge at our healthcare clinics across the province. STI's can be prevented through responsible sexual behaviour.

Source: NICD

How do we prevent the spread of STIs

- » We need to **STOP STIGMA** around STIs: so that those with infections can access care and treatment without fear of discrimination.
- » We need to **COMMUNICATE**: talk freely with our partners about STIs and safe sex practices and educate our children about STI prevention.
- » We need to **COOPERATE**: with each other and access treatment if infected and refer our partners for care.
- » We need to **CONDOMISE**: consistent and correct condom use will protect against infection and prevent the spread to others.

Visit your local clinic for advice and treatment of STI's.

#CondomMonth2021

#SexualWellness

#ResponsibleSexual Behaviour

SENT ON BEHALF OF THE DIRECTORATE: Employee Health and Wellness, Diversity and Disability Sub- Directorate

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