

Stay protected when having sex



If you think that you may have a sexually transmitted infection (STI), you can visit your clinic for a private and confidential consultation.

You can prevent STIs by practising safer sex

- Check the expiry date before you use the condom.
- Use a condom only once.
- Open the condom packet carefully so that you don't tear the condom.
- Get tested for an STI before having sex with your partner for the first time.
- Avoid having sex when you're receiving treatment for an STI.
- Ask your partner(s) to get treatment for an STI if you are receiving treatment for an STI.

If you have any vaginal, penile or anal discharge or sores, go to your clinic for STI testing and treatment. You can also visit your clinic if you want to access condoms.

#STIMonth #CondomMonth



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