

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

- 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 get HIV by using a condom every time.
- Never penetrate your partner's vagina or anus without using a condom.
- Get treatment immediately for any infection or discharge from your penis, vagina or anus. Health workers are trained and are used to seeing genitals. There is nothing to be shy about.

## HIV Testing Services

- 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 can live a full and normal life, including having a family and achieving your dreams.
- Thanks to ARVs, HIV is a manageable chronic condition like diabetes or high blood pressure (hypertension).
- Get informed. Plan your future. Speak to your healthcare worker.
- Read our pamphlet "I've tested HIV positive, now what?".
- Use a condom each and every time you have sex.
- Ask your clinic about female condoms.

## If you test HIV negative

- Believe you can stay negative. Protect yourself. Protect others.
- Make a plan to reduce your risk of HIV by:
- Reducing your number of sexual partners.
- Using a condom each and every time you have sex.
- Asking your clinic about female condoms (femidoms).
- Testing again in 6 months.
- Considering medical male circumcision.

**Protect yourself. Protect others.**



Hi my name is Lloyd.

**STIs are easy to treat.**

Let me tell you how.



## STI Treatment

Free STI treatment is available at your nearest clinic. Together we stand a better chance of stopping the spread of STIs.

Anyone can  
get an STI.

**Use a condom each  
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## 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.
- Get a HIV test if you have a STI.

## Protect yourself

- You can protect yourself and your sexual partner from STIs, including HIV, if you use a condom each and 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.
- Male and female condoms are available free from your local clinic.

## 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.
- If left untreated, STIs can cause serious health problems.

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## 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. 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. If you think you have an STI then get help quickly.
- 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.
- Encourage your partner to be tested and treated.

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