

STI Condom Month

Sexually Transmitted Infections (STIs) are spread from one person to another in the following ways:

- Unprotected sexual contact.
- Bodily fluids.
- If you touch the infected area of another person and then yourself.
- From mother to child during pregnancy and birth.
- By sharing needles.

You should:

- Check the expiry date on the condom packaging. If expired or damaged, do not use, discard it immediately.
- Use condoms correctly and consistently every time you have sex to protect yourself from unwanted pregnancy and STI, including HIV
- Know your HIV status by testing every three months
- Know signs and symptoms of STIs (burning urine, abdominal pains, smelling discharge and sores around the genitals)
- Seek medical help if you have signs of STIs
- Inform your partner/s when infected with STIs to receive early treatment

Using a condom properly can reduce the risk of getting infected.



**Western Cape
Government**
FOR YOU

Health