

WHAT ARE SEXUALLY TRANSMITTED INFECTIONS?

- Sexually Transmitted Infections (STIs) are infections that are transmitted from one person to another through sexual intercourse-vaginal, oral or anal.
- The organs primarily affected are genital urinary systems and reproductive organs.
- Other organs may be affected during the course of the infection.
- Other than HIV, the most common STIs are:
 - Chlamydia,
 - gonorrhea,
 - syphilis,
 - genital herpes,
 - human papillomavirus,
 - hepatitis B,
 - Trichomoniasis, and
 - Bacterial vaginosis.
- Adolescents and young adults are at the greatest risk for acquiring STIs.

WHY SHOULD I BOTHER KNOWING ABOUT STIs?

- They are common conditions.
- They result in serious body defects and death.
- They are closely linked with HIV infection.
- More than 80% of the people who are living with

HIV in Sub-Saharan African acquired infections through sexual intercourse.

- They may cause congenital abnormality to a new born.
- They are associated with stigma and discrimination.

WHAT ARE THE SYMPTOMS OF STIs?

In most cases there are no symptoms; if symptoms occur they may include:

In Women

1. Burning pain during urination;
2. Vaginal discharge;
3. Sores or lesions on the genitals;
4. Genital itching;
5. Pain during sexual intercourse;
6. Rash;
7. Swelling in the external genitalia and groin;
8. Strange bumps or lesions;
9. Skin discoloration.

In Men

1. Testicular pain;
2. Pain and/or difficulty urinating;
3. Penile discharge (pus or blood);
4. Bumps and, blisters or sores in the external genitalia;
5. Itchiness in the urethra and external genitalia;
6. Swelling in the groin.

HOW CAN I KNOW THAT I HAVE STIs?

If you or your partner notice any of the above symptoms, you need to consult your health care

provider for early detection of the infection and appropriate treatment.

IS THERE TREATMENT FOR STIs ?

- There is wide range of STIs treatment depending on the causative organism.
- Report to your health care provider for early and prompt treatment of STIs.
- Make sure your partner is also treated for STIs to avoid re-infection even if he / she has no symptom.

HOW CAN I PROTECT MYSELF FROM STIs?

You can protect yourself from STIs by:

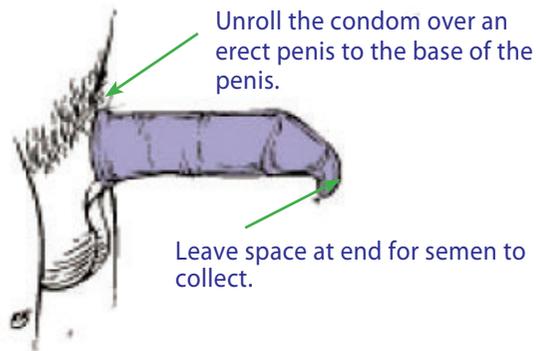
- Avoiding having sex intercourse until you are married to a partner who is also not infected with STIs.
- Being faithful to one uninfected partner.
- Always practicing safer sex: using a condom correctly **every time you have sex.**

“Don’t walk barefooted on an unknown pathway”

HOW DO I USE A CONDOM ?

Male Condom

- Before using a condom, check for the expiry date and if the seal is intact.
- Wear a condom before any sexual intercourse.
- Don’t apply any lubricant.
- Squeeze the tip to get the air out.

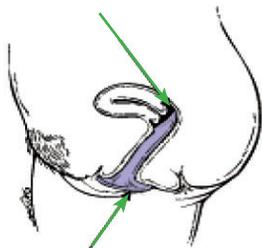


- Pull/ remove the condom out after ejaculating and before the penis gets soft.
- Properly dispose the condom after use and don't reuse it.

Female Condom

- Before using a condom, check for the expiry date and if the seal is intact.
- Follow the directions on the condom package for correct placement.

Place the inner ring as far in as it will go.



The outer ring stays outside the vagina.

- Be sure the inner ring goes as far into the vagina as it can. The outer ring stays outside the vagina.
- Guide the penis into the condom.
- After sex, remove the condom before standing up by gently pulling it out.

- Properly dispose the condom after use: never reuse a condom.

THINGS TO REMEMBER

- HIV is a sexually transmitted infection.
- You will acquire HIV more easily if you have other STIs.
- The chances of acquiring STIs by having unprotected sexual intercourse is higher.
- If a person is diagnosed and treated for STIs, his or her partner should be treated even if there is no symptom.
- Correct and consistent use of condom will protect you from acquiring STIs.

**All STIs, except HIV, are curable.
Seek early treatment .**

For further information, about STIs, HIV and AIDS at UDSM,
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**Basic Facts About
Sexually
Transmitted
Infections**