

Keep Healthy  
and Learn  
About STI



**Alberta**  
HEALTH AND WELLNESS


# Sexually Transmitted Infections (STI)

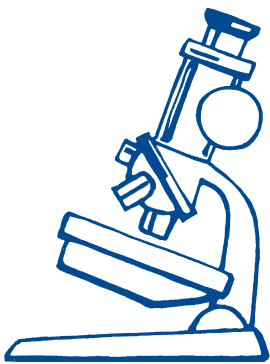


People can get some diseases when they have sex. These diseases are called sexually transmitted infections or STI.



**Here are the names of some STI:**

- 
- **chlamydia**
  - **herpes**
  - **gonorrhea**
  - **syphilis**
  - **HIV and AIDS**
  - **genital warts**



## **Germs cause STI.**

Some of the germs are viruses.

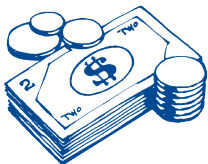
Some are bacteria. Germs are very small.

You can only see germs if you use a microscope.

You do not get STI from these things:



- dishes



- money



- toilet seats



- telephones



- books



- mosquitoes



- shaking hands

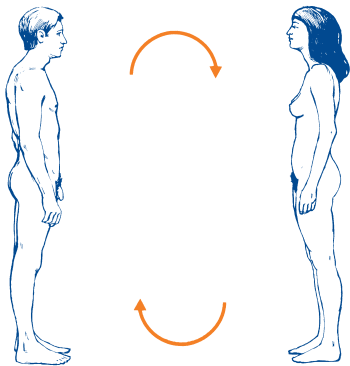


- sweat

STI germs cannot live away from our bodies. The germs do not live on things like toilets seats and drinking cups. They do not live in places like swimming pools. You cannot get STI germs from insects.

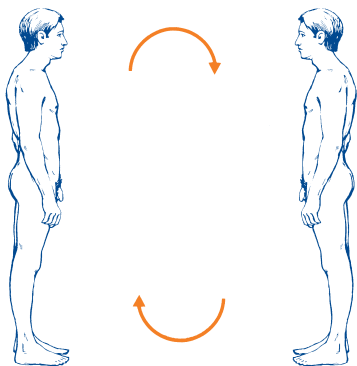
**You can pass STI when you have sex if you have STI germs in your body.**

**STI germs can spread:**

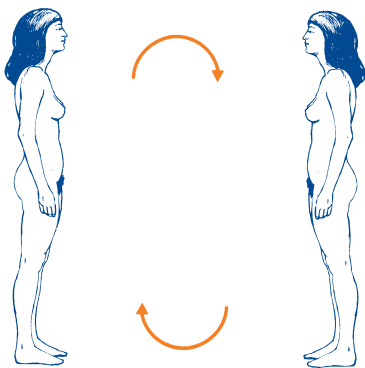


- from a man to a woman
- from a woman to a man



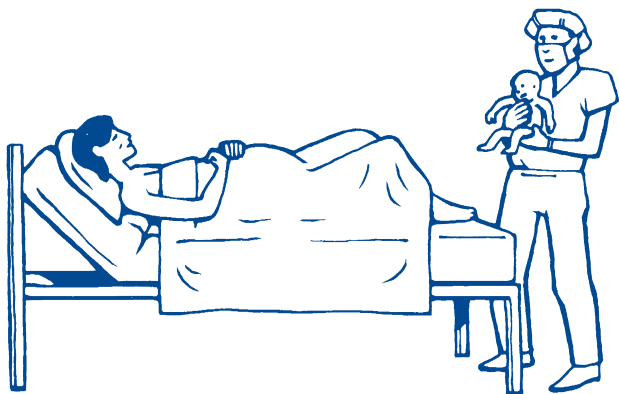


• from a man to a man



• from a woman to a woman





- during birth

## Where are STI germs?

In a man, STI germs might be:

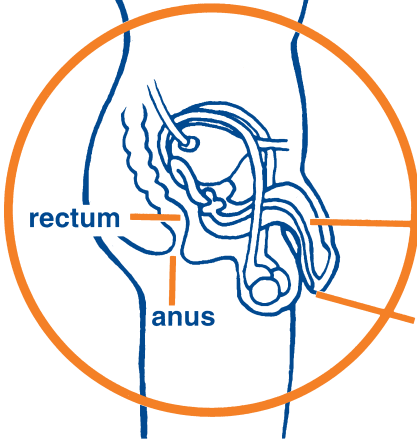


- on the penis
- in the urethra
- in the rectum
- in the anus
- in the throat



**throat**

Sometimes,  
the germs  
are in the  
throat too.



**rectum**

**anus**

**penis**

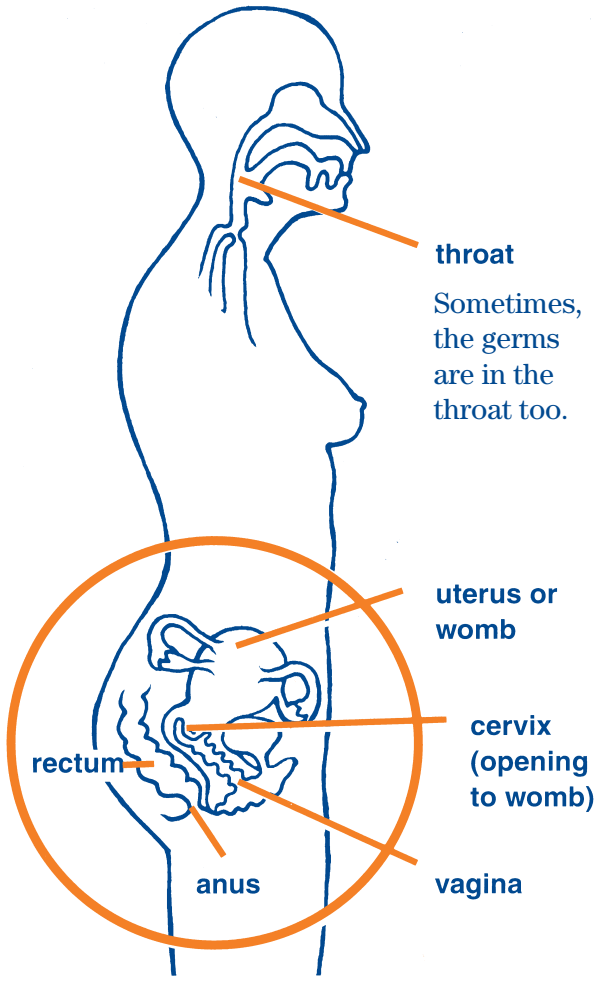
**urethra**  
(where urine  
comes out)

## Where are STI germs?

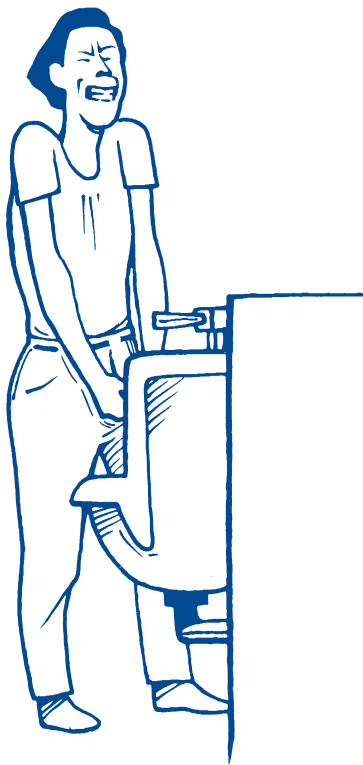
In a woman, STI germs might be:




- on the cervix
- in the vagina
- in the rectum
- in the anus
- in the throat



How do men feel if they have  
a STI?








**Many men have no symptoms and may not know they have an infection.**

If a man has symptoms, the symptoms might be:

- a clear fluid or pus might drip from a man's penis
- his penis might itch
- a sore or sores on or around his sex organs
- a burning feeling when he pees





**Most women have no symptoms and may not know they have an infection.**

If a women has symptoms, the symptoms might be:

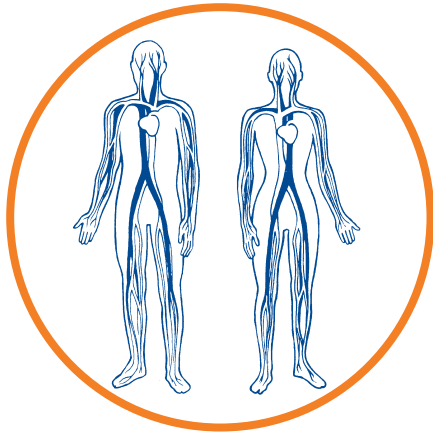
- more vaginal discharge than normal
- yellow or green vaginal discharge
- sore or rashes on or around her sex organs
- an itch or burning feeling around her sex organs
- pain low down in her stomach

• •

**One very serious STI is called HIV.  
HIV can lead to AIDS.**

HIV germs are found in:

- blood



- semen (the white fluid that comes from the penis during sex)
- the fluid in the vagina



People can pass HIV germs when they have sex.



People can get HIV when they share needles.

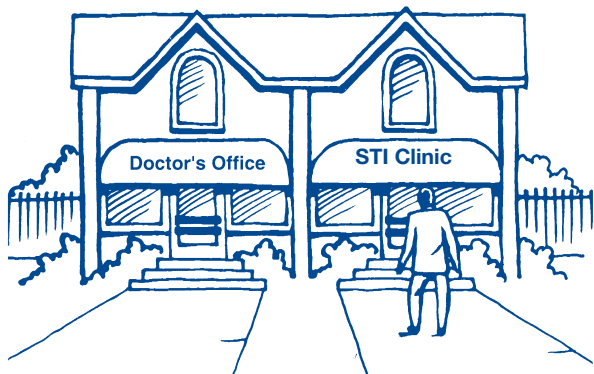


If a pregnant woman has HIV her baby might get HIV.

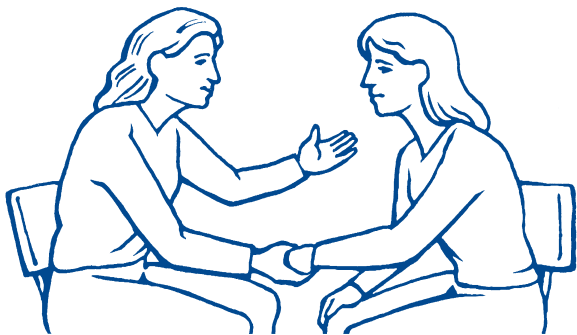
Some people with HIV can be healthy for years. Some people get sicker and sicker. They develop AIDS. Their bodies cannot fight other diseases and they might die.

**STI do not go away by themselves.**

If you think you might have a STI  
you should have a check up.



Go to a STI clinic or to your doctor.  
Ask for a STI check-up.



**If you have a STI, it is important to tell your partner. Your partner might have it too.**

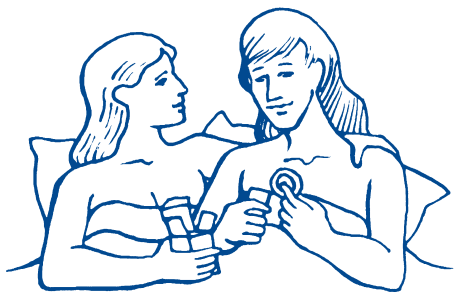




## How can you prevent STI?



You can choose not to have sex.



You can choose to use condoms (rubbers, safes) when you have sex.



A couple can choose to have sex only with each other.



Do not share needles.

**It is important to use a condom properly.**





**This means:**

- use a new condom each time you have sex
- use only latex (made of rubber) condoms
- squeeze out the air in the tip of the condom
- unroll the condom over the hard penis
- right after sex, hold the condom while you pull out
- take off the condom
- throw the condom in the garbage



**Do you want information or help?**

**Call or go to:**

**STD Clinics**

**Calgary**

#404, 906 - 8th Avenue SW

Phone: (403) 944-7575

**Edmonton**

STD Centre

General Hospital Site

3B20, 11111 Jasper Avenue

Phone: (780) 413-5156

**Fort McMurray**


STI Clinic

Main Floor

Northern Lights Regional Health Centre

7 Hospital Street

Phone: (780) 791-6263



**Call or go to:**  
your doctor

**or**

your regional health authority  
(look in the phone book under health  
unit or health services)

**or call:**

STI/HIV Information Line  
1-800-772-2437



HEALTH AND WELLNESS

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A decorative graphic on the right side of the page, consisting of a series of overlapping, flame-like or wavy shapes in orange and white, set against a solid orange background that fills the right half of the page.

**STI/HIV INFORMATION LINE**  
**1-800-772-2437**

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