

- Use condoms every time you have sex (including anal and oral sex) with a new and anonymous partner.
- Get tested regularly: once a year for sexually active youth or when you get a new partner.



Sexually Transmitted Infections (STI)

For more information or to get a diagnosis, contact the health centre in your community.

How to Contact NITHA



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What is a Sexually Transmitted Infection (STI)?

- STI is an infection that commonly involves sex organs. It is caused by germs known either as bacteria, viruses or parasites. It is spread through sex.
- The common STI's include: Chlamydia, HIV, Hepatitis B and C, Gonorrhea, Crab Lice, Syphilis, Trichomoniasis, Genital Warts (HPV) and Genital Herpes.

How do you get a Sexually Transmitted Infection (STI)?

- The germs that cause STI's hide in semen, blood, vaginal secretions and sometimes saliva.
- You can get an STI through sex, even just once.
- You can get the same STI more than once.
- Sexual contact includes sex involving the penis, vagina, anus or mouth.
- HIV and Hepatitis B and C can also be spread through IV drug use or exposure to infected blood.

Who is greatest risk?

- Those who have sex with a person with STI.
- People who engage in unprotected sex with new and anonymous sexual partner and those with multiple partners.
- Those who have had previous history of an STI.

What are the signs and symptoms of STI's?

- Get a check-up right away if you feel or see any of these symptoms:
 - Burning or pain while urinating (peeing).
 - Unusual discharge or smell from the vagina or penis.
 - Itching, burning, or pain in the vagina or on the penis.
 - Sores, blisters, rashes, swelling, or wart-like growths on or around the vagina or penis—that may or may not hurt.

How are STI's treated?

- Most STI's can be cured if treated right away.
- Others, like HIV and herpes, cannot be cured, but can be managed with medicine.
- If left untreated, STI's may cause infertility (unable to have children), increase the risk for getting HIV or damage to body organs.

How are STI's prevented?

- Not engaging in oral, vaginal, or anal sex with persons who have STI's.
- Have sex with only one partner who has been tested and free of STI's.
- Limit the number of sexual partners.