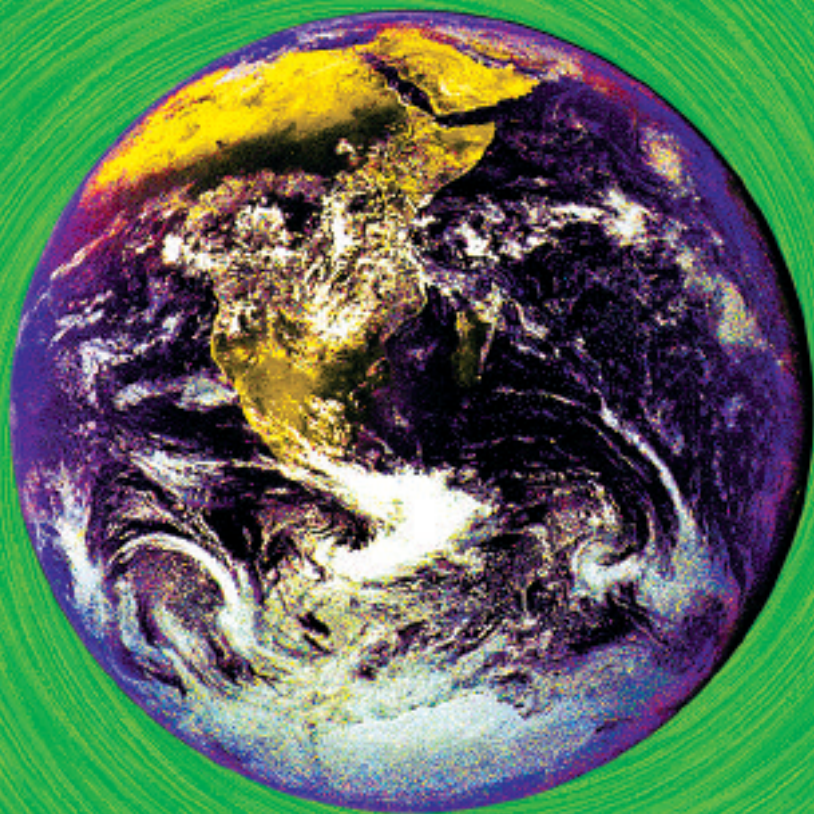




BE AWARE AND BEWARE

Québec 



You've no doubt heard about HIV, the human

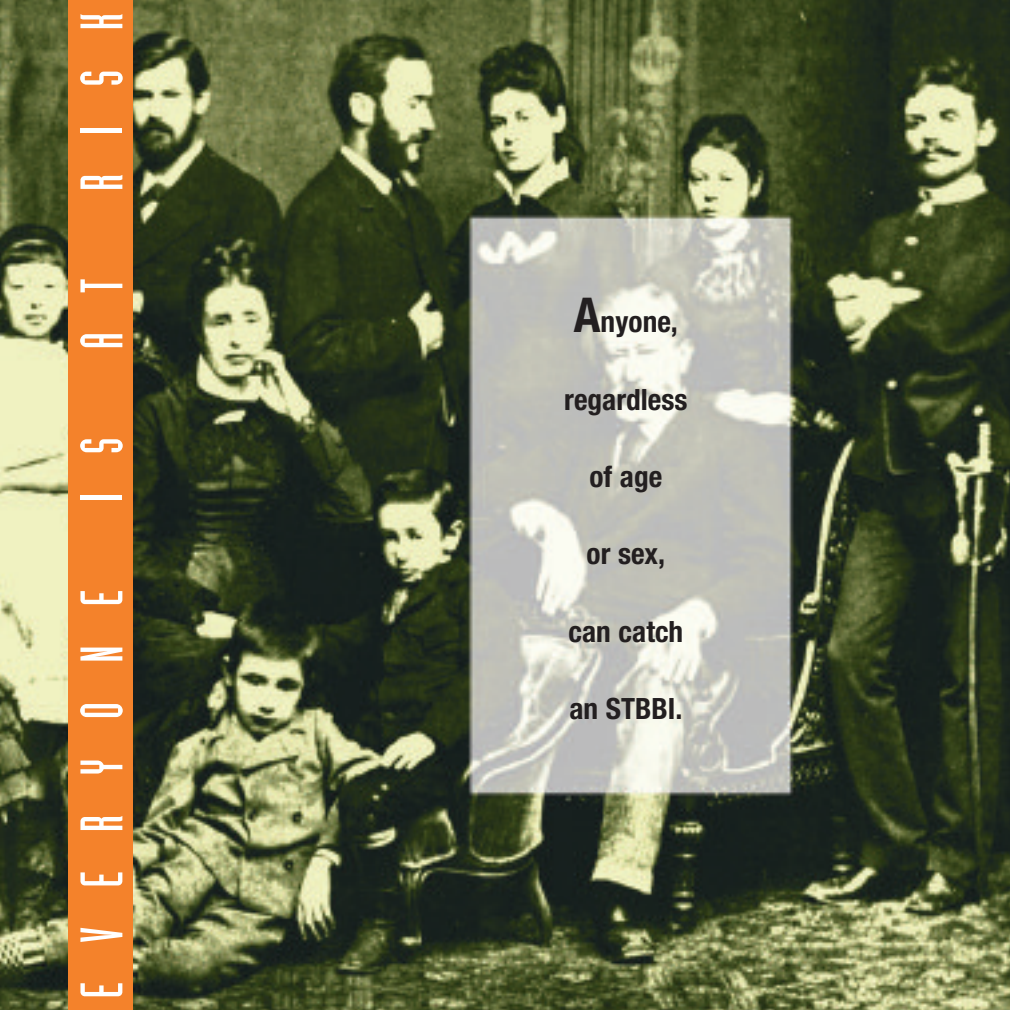
immunodeficiency virus: it's the best known sexually transmitted and blood-borne infection (STBBI) in the world. HIV can cause AIDS and eventually death. Do you know what STBBIs are the most frequent in Québec?

They are human papilloma virus (HPV), genital herpes and chlamydia. And there

are others such as gonorrhoea, crab lice, scabies, trichomonas, hepatitis B and C, and syphilis. Together, all these STBBIs affect many people, and yet they can be prevented.



EVERYONE IS AT RISK



Anyone,
regardless
of age
or sex,
can catch
an STBBI.



These infections are transmitted mainly through **unprotected sex** or **by sharing injection, tattooing or piercing equipment** with an infected person (who may not know that he or she is infected). Babies can also contract an STBBI from their mothers **during pregnancy** or **at the time of birth**.

HOW ARE THEY TRANSMITTED?

During unprotected vaginal or anal sex with an infected partner.

STBBI

All STBBIs except hepatitis C, which is rarely transmitted sexually.

Through direct sexual or nonsexual contact with the lesions of an infected person.
Crab lice and scabies can also be caught from contact with contaminated sheets, towels and clothing.

STBBI

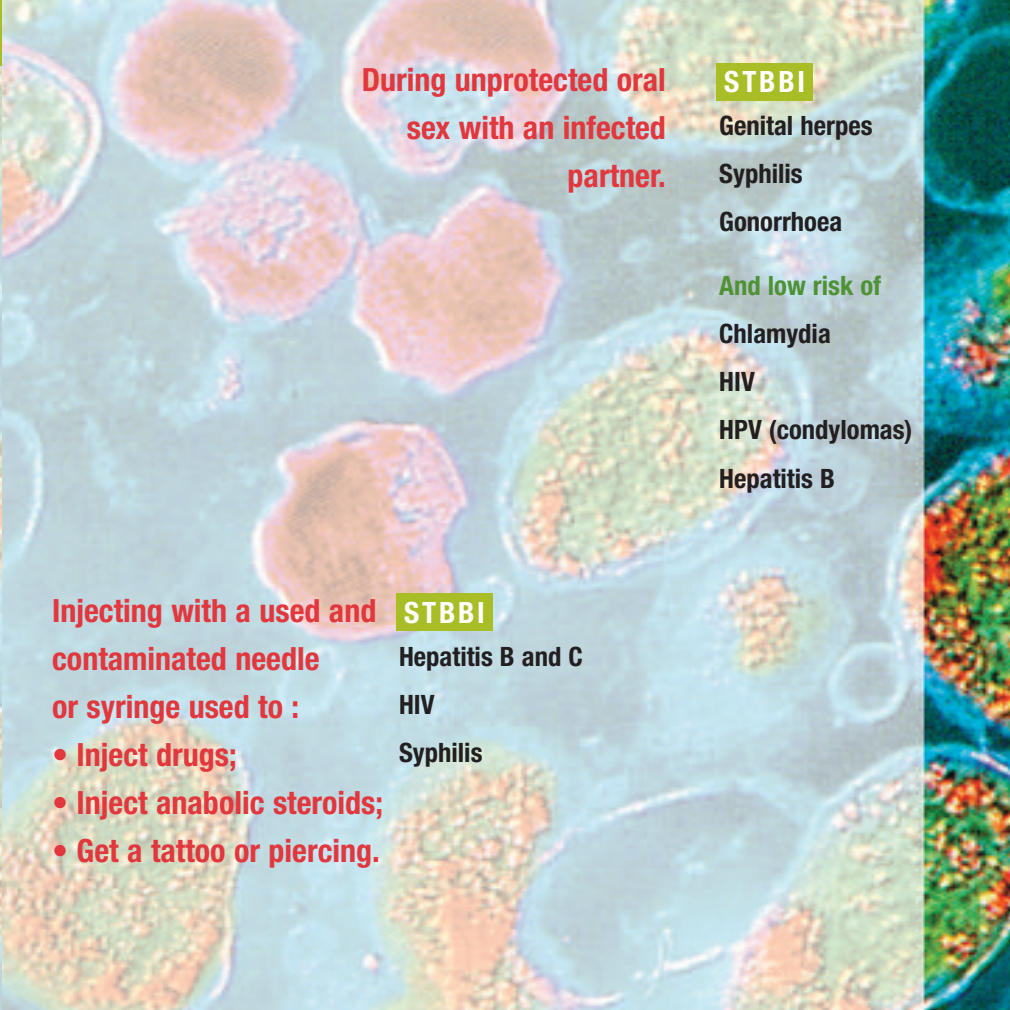
Genital herpes

Syphilis

HPV (condylomas)

Crab lice

Scabies



During unprotected oral sex with an infected partner.

STBBI

Genital herpes

Syphilis

Gonorrhoea

And low risk of

Chlamydia

HIV

HPV (condylomas)

Hepatitis B

Injecting with a used and contaminated needle or syringe used to :

- **Inject drugs;**
- **Inject anabolic steroids;**
- **Get a tattoo or piercing.**

STBBI

Hepatitis B and C

HIV


Syphilis

A vast field of sunflowers stretching to the horizon under a bright sky. The sunflowers are in full bloom, with bright yellow petals and dark brown centers. The field is densely packed, and the perspective is from a low angle, looking across the field towards the horizon. A horizontal blue banner with white text is overlaid across the middle of the image.

FEW SYMPTOMS OR NO SYMPTOMS AT ALL

Remember that it is impossible to recognize a person who is infected with an STBBI on the basis of appearance alone, even if you know the person well.





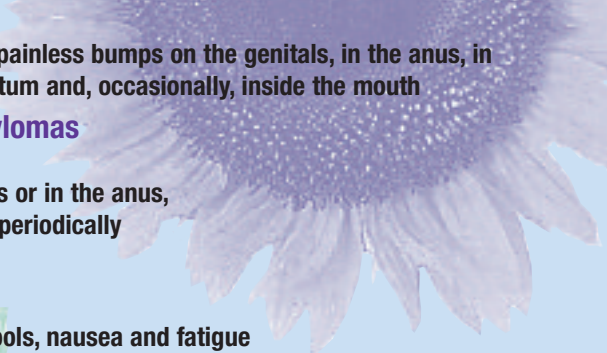
Most of these STBBIs do not produce visible symptoms, especially at the beginning of the infection, which is why infected individuals may pass them on without knowing it.

When symptoms of an STBBI appear, they may be very slight and intermittent, that is, they can appear and disappear spontaneously. Here are some symptoms of STBBIs.

M O S T F R E Q U E N T S Y M P T O M S

Abnormal secretions from the vagina, penis or anus, painful urination, abnormal vaginal bleeding between periods, and pain during intercourse

Chlamydia, gonorrhoea



Small, painless bumps on the genitals, in the anus, in the rectum and, occasionally, inside the mouth

Condylomas

Painful lesions on the genitals or in the anus, which appear and disappear periodically

Genital herpes

Jaundice, dark urine, pale stools, nausea and fatigue

Hepatitis B and C

Abnormal, unpleasant smelling vaginal secretions, occasionally accompanied by itching

Trichomonas

One or more painless ulcers on the genitals, in the anus or inside the mouth, which disappear spontaneously, even without treatment. Blotches may subsequently appear on the body. When they disappear, the infection is still present in the body.

Syphilis

Fever, muscle pain, rash, headaches, sore throat and fatigue

HIV

Itching

Crab lice, scabies

S I M P L E S C R E E N I N G T E S T S



To find out whether you have an STBBI, you should go to a medical clinic or CLSC to get an STBBI screening test.





The tests often consist giving a urine or blood sample, or a sample of genital secretions. Routine gynaecological examinations, including cytology to detect cervical cancer (Pap test), do not necessarily enable the physician or nurse to detect an STBBI in a woman.

IT'S IMPORTANT TO SEEK TREATMENT



A

number of STBBIs can be treated with drugs. In other cases, such as HIV and herpes for instance, medication can reduce the intensity of symptoms but do not eliminate the infection. Some treatments are free if your health insurance card is valid. Ask a doctor or nurse for more information.

Most STBBIs can cause serious health complications if they are not detected and treated rapidly. Moreover, by getting treated early on, you avoid passing on these infections to other people.



Possible Complications

Gonorrhoea
Chlamydia



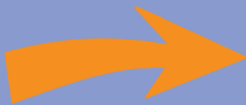
- Persistent abdominal pains
- Sterility
- Ectopic pregnancy (outside the uterus)

HPV*



- Cervical cancer and, more rarely, penile or anal cancer

Hepatitis B*
and C



- Cirrhosis of the liver or liver cancer

Syphilis



- Serious cerebral or cardiac disorders

HIV



- Weakening of the immune system leading to AIDS, that is, the development of certain illnesses and, ultimately, death



Most STBBIs can be caught more than once, even when an individual has been treated for one STBBI or more. For this reason, it is very important to protect yourself and inform your sex partners and people with whom you have shared injection equipment so that they too seek treatment. Some medications are also free for your partners. These people are often infected without knowing it and can then transmit the STBBI back to you or to pass it on to other people. Without treatment, they will suffer from and cause others to suffer from the complications of these infections.





*The
three
commandments
of
STBBI
prevention*

Always use a condom during sexual relations. If you have relations regularly with someone and you want to stop using condoms, you must first both pass STBBI screening tests and wait until the physician confirms that your results are negative. However, you should always use a condom if you have sexual relations with other partners.

Be careful with alcohol or drugs, because these substances can lead to unsafe behaviours such as not using a condom or sharing injection equipment.

Never share drug taking equipment to inhale or inject drugs.*

* New needles are available wherever this symbol is displayed:



Ideally, you should always carry one or two condoms with you so that you can always have safe sex, even if you hadn't planned on having sex.

Put the condom in plain view at the start. This way, you are less likely to forget it and your choice more likely to be respected.



Before penetration occurs:



pen the package carefully with your fingers;

Place the condom on the tip of penis and pinch the end of the condom to squeeze out any air as you unroll it toward the base of the penis;



ou can use a water-based lubricant such as KY Jelly™ or Astroglide™, but never use Vaseline™;



fter ejaculation and before the erection is lost, withdraw the penis while firmly holding the base of the condom to prevent sperm from escaping;



remove the condom and throw it away.



Other questions?

Call
Info-Santé
toll free: 8-1-1

www.jcapote.com



Detailed brochures on
certain STBBIs are also
available in local
community service cen-
tres (CLSCs) and medical
clinics. You can also get
them from the Ministère
de la Santé
et des Services sociaux
website at
www.msss.gouv.qc.ca/itss
(Documentation section).

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