



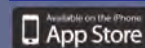
### If you are having sex, get tested

Testing for STIs is done either by a urine or blood sample, or swabbing the infected area. Testing can be performed by a family doctor or at a local medical clinic, public health office, or hospital.

- If you have unprotected sex, get tested.
- If you are sexually active, get tested for STIs every year.
- If you have a new partner, get tested.

### Can STIs be cured?

- Most STIs can be treated and cured.
- Some stay in the body forever, although there are medications to manage symptoms and reduce the risk of passing the STI to other people.



### For more information

To learn more about STIs and to find STI testing sites in Saskatchewan, use the KIS-SK (Keep It Safe Saskatchewan) app.

Visit <http://www.skprevention.ca/keep-it-safe-saskatchewan> or download it free from the App Store or Google Play Store.

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SEXUALLY TRANSMITTED INFECTIONS (STIs)

Are you  
**positive** you're  
**negative?**

# “ Protect yourself, Protect your partner, Protect your future baby ”

If you are having sex, make sure you get tested ... you may not even know you have an infection.

## What are Sexually Transmitted Infections (STIs)?

STIs are infections caused by bacteria, viruses, or parasites. STIs are usually spread through sexual contact. Some STIs are spread through blood-to-blood transfer.

Anyone can get an STI. STIs affect males and females of every age, race, religion, income level, and education level.

## People infected with STIs often do not have symptoms.

This means that people may be infected and not know it, potentially spreading STIs to other people. Testing is the only way to know if a person is infected.

## Why are testing and treatment so important?

STIs can cause serious health problems, such as pelvic inflammatory disease, cancer, or death.

## STIs can affect fertility (ability to have a baby).

Untreated STIs can result in damage to reproductive organs, which can make it hard for people to have a baby.

## STIs can harm pregnancies.

STIs can be spread from a pregnant female to her baby before, during, or after birth. Problems during pregnancy can include miscarriage or stillbirth (baby dies before delivery).

## STIs can harm babies.

Newborns that have been exposed to STIs can have low birth weight, eye or lung infections, or more serious infections (e.g., meningitis).

## What are my chances of getting an STI?

### High Risk

- Vaginal intercourse without a condom
- Anal intercourse without a condom

### Low Risk

- Unprotected oral sex
- Sex with a condom
- Oral sex with a condom or dental dam

### Safe

- Masturbation with or without a partner

## How to avoid STIs

- Choose not to have sex
- Talk to your partner about lower risk and safer options to have sex
- Avoid skin-to-skin contact of infected area without a barrier (e.g., condom, dental dam)
- If you choose to have sex, use a condom properly from start to finish

**You can reduce your risk of blood-borne infections (e.g., HIV, hepatitis C) by not sharing needles and other substance use equipment.**