



STBBIs and Stigma

It is important to know that it is not wrong or shameful to be tested for or diagnosed with an STBBI. STBBIs are common and most of them are curable or can be well-managed with medication.

Prevention, testing, and treatment are important to protect your health and prevent long-term harm.

FOR MORE INFORMATION:

For more information about STBBIs, free contraceptives, and STBBI testing sites in Saskatchewan, download the KIS-SK (Keep It Safe Saskatchewan) App from the App Store or Google Play Store.



The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, and the homeland of the Métis. The Saskatchewan Prevention Institute is dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people.

Sexually Transmitted & Blood-Borne Infections (STBBIs):

What You Need To Know

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Learn the facts.

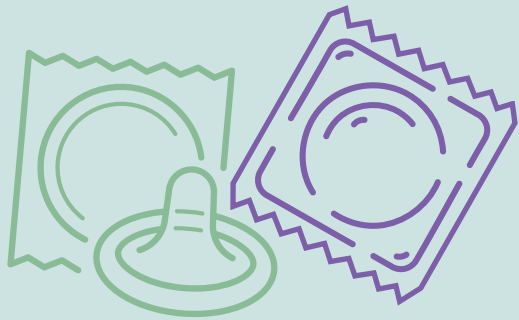
**PROTECT YOURSELF
AND OTHERS.**

What are STBBIs?

STBBIs are sexually transmitted and blood-borne infections. This term captures the two main ways STBBIs can be transmitted (passed to someone): through sexual contact and through contact with blood.

They are also sometimes called STIs (sexually transmitted infections) or STDs (sexually transmitted diseases).

Anyone can get an STBBI. STBBIs affect people of every age, gender, sexual orientation, race, religion, income level, and education level.



What are my chances of getting an STBBI?

HIGH Risk:

- Vaginal, anal, or oral intercourse without a condom

LOWER Risk:

- Vaginal or anal sex with a condom
- Oral sex with a condom or dental dam
- Mutual masturbation with a barrier (e.g., condom)

SAFE:

- Masturbation (alone)

How do I reduce my risk of getting STBBIs?

- Use condoms. When used correctly, condoms are very effective at preventing the spread of most STBBIs.
- Talk to your partner about their STBBI status (get tested) before you have sex. If either of you have an STBBI, get treated.
- Choose not to have sex (i.e., abstinence).
- Some STBBIs can be spread by non-sexual contact with infected blood (e.g., HIV, HCV). If you use drugs, use new equipment (e.g., needles, pipes) every time and do not share drug use equipment.

When should I get tested?

- If you have a new partner
- If you have unprotected sex (e.g., sex without a condom or the condom broke)
- If you or your partner have sex with other people

If you are sexually active, get tested every 3-6 months or with each new partner. Talk to your partner(s) and make sure each of you are tested and treated.

Even if you have been treated for an STBBI in the past, you can still get it again.

Many STBBIs have no symptoms or have symptoms that are easily missed. STBBIs can be spread even if there are no symptoms.

STBBIs are preventable, treatable, and in many cases curable.

