

NAME	SYMPTOMS	MODE OF TRANSMISSION	MODE OF SCREENING	TREATMENT
Warts, cock crests, genital warts (HPV)	Growths like warts on genital, anal and oral areas	Through sexual contact, by contact of a mucous membrane with an infected area of the body (hugs)	Medical examination and test smear	Warts treated by creams and if necessary by local extraction of warts or laser. It exists also a vaccination
Vaginal Mycosis, Balanitis of the gland	Itching; white, thick and creamy vaginal discharge, burning feeling, inflammation of the glands	Sexual contact, sexual fondling	Medical examination, local sampling and smears	Appropriate medication, cream to apply to the mucous membranes or vaginal pastille
Syphilis	Small sore or chancre on the genitals, anus, or mouth Lymphatic swellings Eruptions Pink patches	Through sexual contact between the mucous membranes even without penetration Through blood From mother to child	Blood sample Rapid test	Appropriate antibiotics The 3rd stage is more difficult to treat.
HIV/AIDS	More often than no symptoms, sometimes flu-like syndrome	Sexually Through blood From mother to child	Blood sample Rapid test	No healing, but lifelong treatment allowing to live in good health and preventing from transmitting the virus.

Contacts

Namur : SASER

<https://pointsrelaissida.jimdo.com> - 081/77.68.20

Liège : Centre S

www.sidasol.be - 04/287.67.00

Charleroi : Sida-IST Charleroi-Mons

www.sida-charleroi-mons.be - 071/92.54.10

Zanzu

<https://www.zanzu.be/fr/>

To find a screening center close by your home, visit website :

www.cool-and-safe.org

Éd. Resp. : Thierry Martin, Plateforme Prévention Sida
Place de la Vieille Halle aux Blés 28/29 - 1000 Bruxelles

As parent, partner, member of the community opinion or religious leader, we all play a role in the prevention of STIs. We all have a responsibility.



Condom



Screening



Treatments

Plateforme Prévention Sida
Place de la Vieille Halle aux blés 29/28
1000 Bruxelles
Tél: 02/733.72.99

WWW.COOL-AND-SAFE.ORG



Cool and Safe

Did you know?

STIs*

*Sexually Transmitted Infections



English

Sexually Transmitted Infections or STIs

- An STI or Sexually Transmitted Infection is a disease which is transmitted through sexual relations with one or more person(s) already contaminated, with or without penetration.
- STIs are caused by bacteria, viruses, parasites, fungi.
- Among the best known STIs are: hepatitis B and C, herpes, gonorrhea, chlamydia, syphilis, HPV, HIV/AIDS.
- Some of these infections are not only transmissible by sex; this is the case of HIV/AIDS and hepatitis which can both also be transmitted by blood.

The symptoms or signs

- The signs of STDs are often very discrete or almost non-existent.
- If any of these symptoms appear within weeks or even months, following a misprotected sexual relationship, you should consult a doctor: unusual or foul-smelling vaginal discharges, itching, burning sensation while urinating, spots, lesions or sores on the genitals or on other mucous membranes (mouth, anus.), pain in the lower abdomen, bleeding or other unusual signs.
- These symptoms can sometimes appear insignificant to you but it is essential to take them seriously because as an untreated STI can have serious long-term consequences (sterility, cancers.)
- Most STDs can be easily treated in a few days or even a few weeks when they are detected on time.
- Having an STD damages the mucous membranes and makes them more permeable to HIV and other STIs. In addition, any wound on the genitals increases the risk of contamination with HIV/AIDS.

Screening

- Different types of examinations varying with the type of infection may allow diagnosis of STIs:
 - clinical examination of the genitals or the lesions
 - taking of smears or urine samples
 - blood samples
 - rapid test
- The screening can be carried out by a doctor or gynecologist for women, in a family planning centre, general clinic, STI centre...

How to protect yourself?

- use a condom or cap during a sexual relation,
- if you catch an STD be sure to inform your partner so that he/she can also consult a medical practitioner and take steps to protect him/herself.
- do not try to guess what is wrong with you and treat yourself, GO TO THE DOCTOR!

NAME	SYMPTOMS	MODE OF TRANSMISSION	MODE OF SCREENING	TREATMENT
Gonorrhea	Discharge of pus from the penis, burning feeling while urinating, unusual vaginal discharge	Sexually	Genital samples, smears	Appropriate antibiotics
Chlamydia	Abnormal discharge, vaginal discharge Pain while urinating	By sexual intercourse, sexual fondling	Smear (girls) and urine sample (boys)	Appropriate antibiotics
Hépatitis B	Often symptom-free, tiredness, fever, jaundice	Sexually Through blood From mother to child	Blood sample	No one but it exists vaccination combined hepatitis A & B
Hépatitis C	Often symptom-free, tiredness, fever, jaundice	Sexually Through blood From mother to child	Blood sample Rapid test	Anti-viral treatments, healing in 8-12 weeks
Genital Herpes	Pain, burning, sores and small blisters on the penis or vulva	Sexual contact between mucous membranes even without penetration (oral sex and mouth/anus contact) by direct contact with lesions	Local samples/smears and in some cases by taking blood	Appropriate anti-viral treatment or cream