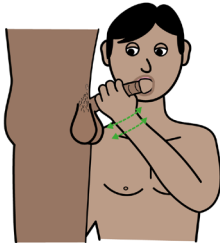


# Sexually Transmitted Infections

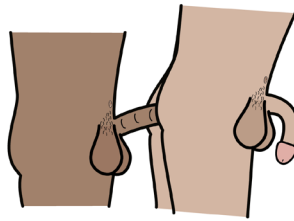
If you have sex without a condom, you are at risk of getting a sexually transmitted infection (STI),

You can get infections from oral, anal or vaginal sex.

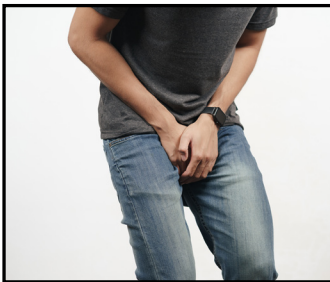
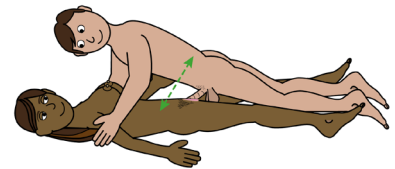
**oral sex**



**anal sex**



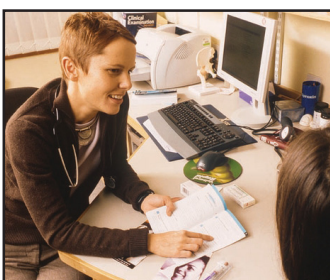
**sex**



Symptoms of STI's include:

- pain when having a pee
- itch, bumps or blisters around your genitals
- unusual discharge from the vagina or penis

There are lots of different types of STI's including genital warts, chlamydia and HIV.



If you are worried about having an STI, see your GP or doctor at the surgery or sexual health clinic.

They can get you tested.

Most sexually transmitted infections can be treated.

It is best if treatment is started as soon as possible.



If left untreated many STI's can be painful or uncomfortable.

They can also damage your health.



Using a condom during sex can reduce your risk of STI's.



You can get free condoms from:

- Sexual Health Clinics
- some GPs in Forth Valley
- online by post from  
***<https://www.freecondomscentral.co.uk>***

Or you can buy them from supermarkets or pharmacies.

To book an appointment at your local Sexual Health Clinic call 01324 673554 or check the website for local clinic times.

[Services for All \(centralsexualhealth.org\)](http://centralsexualhealth.org)

**[www.centralsexualhealth.org](http://www.centralsexualhealth.org)**

**Remember** that it is your choice if you want to have sex or not.

You should never have sex if you don't want to.

January 2023