

1. What are seXual transmisión infections (STI)?

They are infections passed on and transmitted during sexual relationships. Some produce discomfort or visible wounds in the genitals of people who suffer them. However, many STI can go unnoticed. Therefore it is very important to know to recognize these signs and symptoms both in your clients and yourself.

2. Which are the main signs of concern?

- Lesions in the genitals (wounds, scabs, inflammation, suppuration, etc.).
- Increase of vaginal flow with color and unpleasant smell.
- Persistent itch or sting.



3. That germs cause STI?

- **Bacteria:** Gonorrhoea, Syphilis, Clamidia.
- **Viruses:** Herpes, Wart, Hepatitis B, HIV-AIDS.
- **Parasites:** Tricomonas.

4. How are they transmitted?

- **Sexual way:** You can get infected you have anal, vaginal or oral sex without condom with infected people.
- **Blood way:** By sharing sharp or cutting objects Duch as: razors, needles, syringes, piercing and tattooing tools with other people.
- **Perinatal way:** The transmission of the infection from mother to son can be produced during the pregnancy, the labor or the breast-feeding.



5. What is the HIV- AIDS?

It is a disease produced by the virus of the human immunodeficiency (HIV), that leaves the organism without defenses allowing thus sever associated diseases.

People carrying the virus are hiv-positive. Being hiv-positive does not mean having AIDS.

Since a person gets infected until the first symptoms appear can pass various years. During this time is possible to pass the virus on.

6. How is the HIV-AIDS not transmitted?

- By living or working with an infected person.
- By shaking hands, kissing, caressing or embracing.
- By sharing clothes, dishes, cutlery, glasses, shower or toilets.
- By a mosquito bite or contact with pets.

7. Prevention

The most effective way to prevent the sexual transmission of HIV and other genital infections is to use **always and of correct form** the condom.

There are normal condoms, extra-strong condoms (for anal sex) and flavoured (for oral sex). To avoid discomfort, rubbing or condom breaking, agrees to add an adequate lubricant (don't use hand, body creams or vaseline).



Infections and sexual transmission diseases

8. Recommendations

- Don't share cutting or sharp objects (razors, needles, etc.) with other people.
- Your couple or client of confidence can be infected without knowing it and can transmit you the infection. Never trust the physical aspect of a person.
- It is convenient to be vaccinated against the hepatitis and to have brought up to date the calendar of vaccinations.
- If you note some of the signs of alarm, don't have sexual relations. Don't treat yourself, go to the doctor and continue the processing that pray you. Don't interrupt the processing although you find better.



9. Hygiene

- Although the internal washes of the vagina and anus can give you a false sensation of cleaning and coolness they don't avoid the its. Even they favor their apparition and they cause irritation of the genitals.
- The abuse of ovums and tablets by via genital favor the apparition of mushrooms in the vagina (candidiasis).
- If it isn't possible to wash you with water and soap, use humid towels for the hygiene of the external genitals.
- Before going to the doctor don't carry out internal washes of the genitals, Don't put ovums or creams neither take medicines by your account. They can alter the results of the tests.

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REMEMBER

- Your health is the most important thing.
- Avoid sexual transmission diseases and unwanted pregnancy.
- Always use a condom in all your sexual relationships, even with your partner.



"In Genero"



Castilla-La Mancha

IF YOU HAVE ANY QUESTIONS,
CALL US
670 96 26 16

Infections and sexual transmission diseases



we inform you



you decide

