

Your Guide to
**Sexually
Transmitted
Infections**
(STIs)



Fidilmeannacht na Seirbhíse Sláinte
Health Service Executive



Plain English
Approved by NALA

This document provides information on sexually transmitted infections (STIs). Some conditions that are not sexually transmitted are also included because they can cause symptoms in the genital area.

What is an STI?

An STI is a sexually transmitted infection.

STIs are passed on through sexual contact with someone who is infected.

What if I think I have an STI?

If you think you may have an STI, visit your GP, pharmacist or an STI clinic for professional advice. You will find a list of free STI testing services at the end of this guide.

How would I know if I had an STI?

You may not know if you have an STI, so it is important to be tested. Your partner should also be tested.

When should I have a test?

You should be tested if:

- > you have any symptoms which suggest an STI (see symptoms below)
- > your partner has an STI
- > you have a new sexual partner
- > you have more than one sexual partner.

What does the test involve?

The type of test will depend on your symptoms.

For **men**, you will be asked to give a urine sample into a small bottle. Men should not urinate (pass urine) for 2 hours before giving a urine sample. Sometimes a sample is taken from inside the top of the penis. This will depend on what your symptoms are and will be explained to you by the doctor or nurse seeing you.

Sometimes swabs will also be taken from the throat or the anus/rectum (back passage).

A swab is like a cotton bud.

For **women** a swab is taken from the vagina, this can be done by the doctor or nurse and sometimes by yourself.

Men and women will also have blood tests to check for viral or bacterial infections.

Do I have to tell my partner if I have an STI?

You should tell your partner if you have an STI so they can be tested and treated. Your doctor or nurse can give you advice and help you to do this.

STI facts:

- > You can get an STI the first time you have sex.
- > You can get an STI even if you know your partner.
- > You can't tell if someone has an STI by looking at them.
- > You can get STIs from oral sex.
- > You can be infected with more than one STI at a time.
- > You can get an STI more than once.

Common STIs

Bacterial Vaginosis (BV)	05
Chlamydia	06
Genital Herpes (HSV)	08
Genital Warts (HPV)	10
Gonorrhoea	12
Hepatitis B	14
HIV	16
Molluscum Contagiosum	18
Pelvic Inflammatory Disease (PID)	19
Pubic Lice (Crabs)	21
Scabies	22
Syphilis	23
Thrush	25
Trichomonas Vaginalis (TV)	27

Bacterial Vaginosis (BV)

What is BV?

BV is the most common cause of abnormal discharge from the vagina. Any woman can get BV, not just women who are sexually active. The normal vagina contains a mixture of bacteria. BV is an overgrowth of some of the bacteria resulting in an overall imbalance of the bacteria. It is not sexually transmitted.

How do I get BV?

Any woman can get BV but you have a higher risk if you:

- > have a new partner
- > smoke
- > douche
- > have oral sex
- > have sex with multiple partners.

What symptoms would I have with BV?

Common symptoms include an abnormal smell from the vagina, like a 'fishy' smell, or a discharge from the vagina which can be grey, pale and thin. Sometimes the 'fishy' smell is worse after sex. BV does not cause itch, soreness or irritation.

How can I be tested?

BV can be diagnosed based on the symptoms you describe and some simple tests on the vaginal discharge. This can be explained to you by the doctor or nurse who sees you when you attend the clinic.

Can BV be treated?

BV is treated with antibiotics. It sometimes comes back and needs to be treated again. Your male partner does not need to be tested or treated.

How can I prevent myself from getting BV again?

Avoid:

- > douching
- > frequent bathing
- > use of perfumed washes, bubble baths, antiseptic solutions, feminine washes.

Chlamydia

What is chlamydia?

Chlamydia is a bacterial infection. It is one of the most common STIs.

How do I get chlamydia?

Chlamydia is passed from one person to another from:

- > unprotected sex (oral, vaginal, anal)
- > using unwashed sex toys
- > from mother to baby during delivery.

Chlamydia infects the cervix (neck of the womb), the urethra (the tube through which you pass urine) and the rectum (back passage). It can also sometimes cause eye infections.

You cannot catch chlamydia by:

- > hugging
- > kissing
- > swimming
- > sitting on toilet seats
- > sharing cutlery or towels.

What symptoms would I have with chlamydia?

Your symptoms will depend on where the infection is.

Men

- > No symptoms in 1 in 2 men with the infection
- > Discharge from the tip of the penis
- > Pain or discomfort passing urine
- > Bowel symptoms such as diarrhoea, pain, mucus discharge or bleeding from the back passage.

Women

- > No symptoms in 7 out of 10 women with the infection
- > Bleeding after sex
- > Bleeding between periods
- > Change in your normal vaginal discharge/liquid
- > Pain passing urine
- > Pain in your abdomen (tummy)
- > Pain during or after sex.

How can I find out if I have chlamydia?

Chlamydia is diagnosed by taking a urine sample in men and a vaginal swab in women. Sometimes a swab from the rectum (back passage) or throat is also taken.

Can chlamydia be treated?

Yes. Chlamydia is treated with antibiotics – usually a once-off dose.

Is it ok to have sex again?

Yes. You will have to wait at least one week after finishing treatment before having sex again.

Make sure your partner is tested and treated too.

It's really important that you don't have sex with your partner before they are tested and treated as you could become infected again.

Will I need a repeat test to make sure the infection has cleared?

In most cases, no, but your doctor or nurse will tell you if you need to come back for a repeat test.

How can I prevent myself from getting chlamydia again?

Using condoms correctly and every time you have sex will reduce your risk of getting chlamydia.

Having a test for chlamydia before having unprotected sex with a new partner will also reduce your risk of getting chlamydia.

What is LGV?

LGV stands for Lymphogranuloma Venereum.

It is a type of chlamydia which is most commonly diagnosed in men who have sex with men.

LGV can cause bowel symptoms, genital ulcers (sores), abdominal (tummy or belly) pain and swollen lymph glands. It is treated with a longer course of antibiotics than simple chlamydia infection.

Genital Herpes (HSV)

What is genital herpes?

Genital herpes is a viral infection caused by the herpes simplex virus (HSV). There are two types: HSV 1 and HSV 2. HSV 1 is the virus that causes 'cold sores' around the mouth. HSV 2 is usually sexually transmitted.

How do I get HSV?

HSV is transmitted by skin to skin contact, unprotected sex, rimming (mouth to anus contact) and from mother to baby during delivery.

What symptoms would I have?

HSV 1 causes '**cold sores**', usually on the mouth or lips.

HSV 2 causes **genital sores** or **blisters**. Some people do not get any symptoms. If you get symptoms, your first episode (sometimes referred to as an attack or an outbreak) will usually be the most severe. As well as having painful ulcers or blisters, you may have swollen glands in the groin, flu-like symptoms, a feeling of being unwell and pain when passing urine.

Can HSV be treated?

Once you have HSV, the virus stays in your body.

It can become active again if you are ill, under stress or pregnant. These outbreaks are usually less severe than the first and ease off over time.

The main treatments involve pain relief and antiviral medicine. Usually the pain can be managed with simple painkillers and a local anaesthetic (numbing) cream. The antiviral medicine is usually for 3 or 5 days.

If you have been diagnosed with HSV it is a good idea to keep antiviral medicine at home in case you get another outbreak.

What if I get a lot of outbreaks?

Some people may be put on daily antiviral medication if they get a lot of outbreaks. You can discuss this with your doctor or nurse.

How can I avoid passing genital herpes to a partner?

In some cases your partner should be tested to see if they also have genital herpes. You can discuss this further with your doctor or nurse.

Using condoms and taking antiviral medicine can reduce the risk of passing on genital herpes but it doesn't always work. Do not have sex during an outbreak.

What if my partner tells me they had genital herpes in the past?

If your partner tells you they have had genital herpes in the past it is a good idea to visit your doctor or nurse to discuss things.

You should avoid having sex with your partner if they have an outbreak.

A blood test can be done to see if you have been exposed to herpes in the past.

Is it ok to have sex again after an outbreak?

Yes. Talk with your doctor or nurse about what you can do to reduce the risk of passing genital herpes to someone else. It is important to avoid sexual contact with someone when you have an outbreak.

If I had genital herpes in the past and get pregnant, what should I do?

In most cases, there will be no problem with the pregnancy.

If you are pregnant or planning a pregnancy, tell your obstetrician of your history of herpes. They will discuss current recommendations around the use of antiviral medication and delivery with you.

Genital Warts (HPV)

What are genital warts?

Genital warts are 'warts' in the genital area caused by a virus called the Human Papilloma Virus (HPV).

There are many types of HPV and some of them may lead to cervical cancer.

The types of HPV that cause genital warts do not lead to cervical cancer.

How do I get HPV?

HPV is passed by skin to skin contact, usually genital skin to skin contact.

It is common for sexually active people to come in contact with HPV.

Lots of people who come into contact with HPV don't develop warts.

You cannot catch HPV by:

- > hugging
- > kissing
- > sharing towels
- > using swimming pools
- > sharing cutlery.

What symptoms would I have?

Most people with HPV do not have any symptoms and they don't know that they have the infection.

If you do get genital warts, they are often flesh-coloured lumps or bumps on the skin.

They may appear weeks to months after you come into contact with the virus.

Can I be tested for genital warts?

There is no blood test or swab to diagnose genital warts.

Genital warts are diagnosed by the doctor or nurse examining the genitals.

Can genital warts be treated?

Sometimes genital warts go away on their own but most people prefer to get them treated.

Treatments may take a few weeks or months to work.

Sometimes the warts come back after treatment.

Treatments include:

- > cryotherapy (freezing)
- > creams
- > surgery - if the warts are severe and do not respond to other treatments.

Is it ok to have sex again?

Yes. Most sexually active people have been exposed to HPV at some time but have not had any symptoms, so they may be immune.

You can talk with your doctor or nurse about this.

Gonorrhoea

What is gonorrhoea?

Gonorrhoea is a curable bacterial infection. If it is not treated, it can cause infertility in women and infections in the testicles in men.

How do I get gonorrhoea?

Gonorrhoea is passed from one person to another through:

- > unprotected sex (oral, vaginal, anal)
- > using unwashed sex toys
- > from mother to baby during delivery
- > rimming (mouth to anus contact).

Gonorrhoea infects the cervix (neck of the womb), the urethra (the tube through which you pass urine) and the rectum. It can also sometimes cause eye and joint infections.

You cannot catch gonorrhoea by:

- > hugging
- > kissing
- > swimming
- > sitting on toilet seats
- > sharing cutlery or towels.

What symptoms would I have?

Men

- > Discharge/liquid from the tip of the penis
- > Pain passing urine
- > No symptoms – 1 in 10 men.

Women

- > No symptoms – 7 in 10 women.

How can I be tested?

The type of test will depend on your symptoms.

For men, a urine sample or a swab from the penis is taken.

For women a swab is taken from the vagina.

Sometimes a swab will also be taken from the throat or rectum (back passage).

Can gonorrhoea be treated?

Yes. Gonorrhoea is treated with antibiotics.

Your partner will also be tested and treated.

Is it ok to have sex again?

Yes, but you need to wait until you've had a repeat test to make sure the infection has gone.

You also need to make sure your partner has been tested and treated. The repeat test is usually done two weeks after treatment.

We recommend that you don't have sex until you get the repeat test results.

How can I prevent myself from getting gonorrhoea again?

Use condoms every time you have sex.

Also, get regular STI tests if you are sexually active.

Hepatitis B?

What is hepatitis B?

Hepatitis B is a viral infection that infects the liver.

How is hepatitis B transmitted?

- > Unprotected sexual contact {vaginal, anal, oral, rimming (mouth to anus contact)}
- > Sharing needles
- > Mother to child during pregnancy or delivery
- > Sharing toothbrushes, razors or towels contaminated with infected blood.

What symptoms would I have?

Most people have no symptoms. Some people may have symptoms when they first become infected. These may include flu-like symptoms, yellow skin, nausea, vomiting or diarrhoea.

How is hepatitis B diagnosed?

Hepatitis B is diagnosed by a blood test.

Can hepatitis B be prevented?

There are vaccines that prevent infection with hepatitis B. It can also be prevented by using condoms and not sharing needles.

Who should be vaccinated?

The following people should consider vaccination:

- > men who have sex with men
- > people who inject drugs
- > commercial sex workers
- > anyone who has paid for sex
- > anyone with more than one sex partner
- > partners and everyone who lives with someone who has hepatitis B
- > anyone who has been sexually assaulted.

Can hepatitis B be treated?

Yes, hepatitis B can be treated. If you are diagnosed with hepatitis B, you will need to see a doctor who specialises in the treatment and management of the infection.

There are different stages of hepatitis B infection.

Some stages need treatment and some do not need treatment but need to be checked regularly (monitored).

If you have hepatitis B, the stages of infection, treatments and checkups will all be explained to you by the doctor or nurse who sees you.

Is it ok to have sex again?

Yes, it is ok to have sex again.

The chances of passing hepatitis B on to people you have sex with depends on the stage of infection.

The people you have sex with and the people who live with you may be at risk of getting the infection from you and will need to be tested and offered vaccination. If you have hepatitis B, this will be explained to you by the doctor or nurse who sees you.

HIV

What is HIV?

Human Immunodeficiency Virus (HIV) is a virus that attacks the human immune system and weakens its ability to fight infection and disease.

AIDS (Acquired Immunodeficiency Syndrome) is the final stage of HIV infection, when the immune system is severely damaged.

How could I get HIV?

HIV is transmitted by:

- > unprotected sexual contact (vaginal, anal) with someone who is HIV positive
- > sharing needles with someone who is HIV positive
- > contaminated blood products (very unlikely in Ireland as all donors are tested)
- > mother to child during pregnancy, delivery or breastfeeding.

You cannot get HIV from:

- > kissing
- > hugging
- > through sweat or urine.

Most new cases of HIV in Ireland are among men who have sex with men (MSM).

What symptoms would I have?

Some people have no symptoms, so it is important to get tested if you are at risk (especially if you are a man who has sex with other men).

Other people may get a flu-like illness when they first become infected. HIV infection can cause a wide variety of symptoms. Over time, the virus attacks your immune system and you may keep getting infections and other illnesses.

How can I protect myself from getting HIV?

- > use condoms for sexual contact
- > do not share needles or other injecting equipment (spoons and so on)
- > taking post-exposure prophylaxis.

What is post-exposure prophylaxis (PEP)?

PEP is medication which you can take up to 72 hours (3 days and nights) after unprotected sex, sharing needles, pricking yourself with an infected needle, and so on, to stop you becoming infected with HIV.

If you think you have been put at risk of getting HIV you should go to your doctor as soon as possible to see if you need to go on PEP. www.man2man.ie/pep9.html

You should never use PEP as a substitute for condoms.

How is HIV diagnosed?

HIV is diagnosed with a blood test.

Can HIV be treated?

HIV can be treated effectively with medications.

These medications let most people live a long and healthy life.

The earlier you are diagnosed, the better.

At the moment there is no cure for HIV.

How soon after exposure should I get a HIV test?

If you think you are at risk, you should get medical advice straightaway. You will be tested as soon as possible and will have follow-up tests to make sure you have not become infected.

Where can I get a HIV test?

All STI clinics offer HIV testing. Your GP can also test you or arrange for you to have a test.

Molluscum Contagiosum (MC)

What is MC?

Molluscum contagiosum is a viral skin infection.

How is MC transmitted?

MC is transmitted through skin to skin contact.

It is not considered an STI.

What symptoms would I have?

You would have small lumps or bumps on the skin of your genitals which may spread to your abdomen (belly area) or thighs. They are usually not painful or itchy.

How is MC treated?

Most people don't need treatment as the lumps usually go away by themselves.

Sometimes they are frozen or treated with a cream or lotion.

Pelvic Inflammatory Disease (PID)

What is PID?

PID is inflammation of a woman's womb, ovaries and tubes. It is caused by a bacterial infection.

About one in four cases are caused by STIs.

If PID is not treated, it can lead to infertility (not being able to have children), ectopic pregnancy (where the baby starts to grow in the tubes instead of the womb – this is a medical emergency) or chronic (ongoing) pelvic pain.

How could I get PID?

PID can develop after:

- > an STI (such as chlamydia or gonorrhoea)
- > an infection in the abdomen, which may not be sexually transmitted
- > surgery to the womb (such as a pregnancy termination or other surgery)
- > insertion of a coil.

What symptoms would I have?

- > Pain passing urine
- > Pain in the abdomen (tummy or belly area)
- > Pain during or after sex
- > Raised temperature
- > Nausea or vomiting
- > Bleeding after sex
- > Bleeding between periods
- > Change in your normal vaginal discharge.

How is PID diagnosed?

There is not a single test that can diagnose PID. PID is diagnosed based on your symptoms and what the doctor or nurse finds when they examine you.

You will need to have swabs taken to check for infections like chlamydia and gonorrhoea. Sometimes these tests will be negative and it isn't possible to find out exactly what infection caused the PID.

Can PID be treated?

PID is treated with antibiotics. These may be given as tablets, an injection or through a drip in hospital. The type of antibiotics you need will depend on the severity of the infection.

Occasionally, PID needs to be treated with surgery too which again depends on the severity of the infection.

Will my partner need treatment?

Your partner will need to be tested and may need treatment with antibiotics.

Can I have sex again?

Yes, but you will have to wait until you have finished the antibiotics and have had a check up by your doctor.

Pubic Lice (Crabs)

What are pubic lice?

Pubic lice are small insects that live in coarse hair. Their eggs are called 'nits'.

They are found in hair on the chest, abdomen, underarms and pubic areas.

They do not live in head hair.

How do I catch pubic lice?

Pubic lice are passed from person to person by:

- > skin to skin contact
- > sexual contact
- > sharing clothing, towels or bedding.

What symptoms would I have?

You may have one or more of the following symptoms:

- > itch
- > black droppings on your underwear
- > brown lice eggs in your pubic hair
- > small blood spots on your skin.

How are public lice diagnosed?

Pubic lice are diagnosed by a careful clinical exam.

Can public lice be treated?

Yes. They are treated with a cream, shampoo or lotion. This treatment is repeated after 3 to 7 days.

You do not need to shave off your body hair.

You will need to wash all your clothing in a hot (50 degree or higher) wash. You can remove nits (eggs) with a special comb available in pharmacies.

Your sexual partner will also need to be treated.

Scabies

What is scabies?

Scabies is caused by small insects (called mites) which burrow under the skin and lay eggs.

How would I get scabies?

Scabies is usually passed from one person to another by sexual contact or skin to skin contact.

However, scabies can live outside the body for 72 hours (3 days and nights) so you can also get them from clothing, bed sheets and towels.

What symptoms would I have?

You may not develop symptoms for up to 6 weeks after being infected.

Scabies causes an intense itch which is often worse at night or after a warm shower. You may also have a red, itchy rash or tiny red spots.

How is scabies diagnosed?

Scabies is diagnosed by careful examination of the skin.

How is scabies treated?

Scabies is treated with a cream, lotion or shampoo which is left on overnight.

Your partner and anyone else living in your home should also be treated, even if they have no symptoms.

The itch can be treated with antihistamine tablets or cream. You should wash all clothing in a 50 degree wash. Anything that cannot be washed (such as duvets, leather jackets and so on) should be put in tied black plastic bags and left for 3 days and nights until the mites die.

Syphilis

What is syphilis?

Syphilis is caused by a bacteria called *Treponema pallidum*.

How do I get syphilis?

You can get syphilis from:

- > skin to skin contact
- > oral, vaginal and anal sex
- > mother to child during pregnancy (congenital syphilis)
- > a blood transfusion (although this is very unlikely in Ireland as all blood donors are tested).

Most new cases of syphilis in Ireland are among men who have sex with men.

Can I get syphilis from oral sex?

Yes.

How would I know if I have syphilis?

There are different stages of infection.

Some people have no symptoms. This is why it is important to get tested if you are at risk (especially if you are a man who has sex with other men).

Symptoms can vary from a painless sore (ulcer) in the genital, anal or mouth area to a rash all over the body. The symptoms often depend on how long you have had the syphilis infection.

If syphilis is not treated, it can cause problems with your heart, brain, eyes and nervous system.

How can I be tested for syphilis?

Syphilis is usually diagnosed by a blood test.

Sometimes a swab is taken from a sore (ulcer).

This is generally done in an STI clinic.

Can syphilis be treated?

Yes, syphilis can be treated and cured with antibiotics.

Treatment depends on your symptoms and how long you have had the infection.

You will be followed up to make sure the infection has cleared.

Can I have sex again?

Yes, but you need to make sure the infection has been treated and that your partner has been tested and treated.

You must use condoms every time you have sex so that you don't become infected again. Your doctor or nurse will talk to you about this.

Thrush

Thrush is a very common cause of itch and discomfort in the genital area. It is caused by an overgrowth of yeast (candida). It is not considered an STI even though some of the symptoms are similar.

Who gets thrush?

Thrush is more common in women than men. It is also more common in pregnancy, and in people who have diabetes or HIV. However, anyone can get thrush.

How would I know if I have thrush?

Men

- > Irritation under the foreskin or tip of the penis
- > Spotty, red rash at the tip of the penis
- > White discharge under the foreskin.

Women

- > Vaginal itch
- > Vaginal soreness
- > Vaginal redness
- > White, thick discharge
- > Discomfort during sex or urinating.

How is thrush diagnosed?

The diagnosis is usually made based on your description of your symptoms and an examination by a doctor or nurse.

Does my partner need to be tested or treated?

No, unless your partner has symptoms that they are concerned about.

How is thrush treated?

Thrush can be treated with creams, pessaries (vaginal tablets) or oral tablets.

Some treatments are available from a pharmacy without a prescription.

If your symptoms do not improve, you should see your GP.

How can I prevent thrush from coming back?

- > Wear cotton underwear
- > Avoid tight clothing
- > Avoid taking antibiotics unless absolutely necessary
- > Avoid too much washing of the genitals
- > Do not use soaps, perfumed products or vaginal deodorant products.

Trichomonas Vaginalis (TV)

What is TV?

TV is a sexually transmitted infection caused by a germ called a protozoan.

How do I get TV?

TV is passed from one person to another in three ways:

- > unprotected sex (oral, vaginal, anal)
- > using unwashed sex toys
- > from mother to baby during delivery.

TV infects the cervix (neck of the womb), the urethra (the tube through which you pass urine) and underneath the foreskin.

You cannot catch TV by:

- > hugging
- > kissing
- > swimming
- > sitting on toilet seats
- > sharing cutlery or towels.

What symptoms would I have?

Symptoms will depend on where the infection is.

Men

- > May have no symptoms
- > Discharge (liquid) from the penis
- > Pain passing urine
- > Soreness around the foreskin
- > Passing urine more frequently.

Women

- > May have no symptoms
- > Discharge from the vagina
- > Smell
- > Itching or soreness
- > Pain during or after sex.

How can I be tested for TV?

A swab will be taken and tested.

Can TV be treated?

TV is treated with antibiotics.

Is it ok to have sex again?

Yes. You will have to wait until 1 week after treatment before having sex again.

You should also make sure your partner is tested and treated.

How can I prevent myself from getting TV again?

Make sure your partner is tested and treated and use condoms every time you have sex.

Services and Supports

Carlow

STI Clinic

Tel: 051 842 646

Clare

STI Clinic, Ennis

Tel: 061 482 382

Cork

STI Clinic

Tel: 021 496 6844

Donegal

**Letterkenny Sexual Health
Clinic (GUM)**

Tel: 074 912 3715

Dublin

GUIDE Clinic,

St. James's Hospital

Tel: 01 416 2315/6

STI Clinic, Mater Hospital

Tel: 01 803 2063

Gay Men's Health Service

Tel: 01 669 9553

HIV Ireland

Tel: 01 873 3799

[http://www.hivireland.
ie/hiv/testing/free-
hiv-sti-testing-centre-
locator/](http://www.hivireland.ie/hiv/testing/free-hiv-sti-testing-centre-locator/)

Galway

STI Clinic, Ballinasloe

Tel: 090 964 8372 (ext 676)

**University College
Hospital STI Clinic**

Tel: 091 525 200

Kerry

STI Clinic, Tralee

Tel: 021 496 6844

Laois

STI Clinic, Portlaoise

086 859 1273

Limerick

STI Clinic

Tel: 061 482 382

Louth

Louth County Hospital

GUM Clinic, Dundalk

Tel: 086 824 1847

**Our Lady's Hospital,
Drogheda**

Tel: 086 824 1847

Mayo

STI Clinic, Castlebar

Tel: 094 902 1733 (ext 3501)

Monaghan

General Hospital

GUM Clinic

Tel: 086 824 1847

Sligo

GUM Clinic

Tel: 071 917 0473

Tipperary

STI Clinic, Clonmel

Tel: 051 842 646

STI Clinic, Nenagh

Tel: 061 482 382

Waterford

STI Clinic

Tel: 051 842 646

Westmeath

Midland Regional

Hospital, Mullingar

Tel: 086 416 9830

Man2Man.ie gives HIV and sexual health information for gay and bisexual men, and other men who have sex with men in Ireland.

Thinkcontraception.ie gives information on contraception, sexuality transmitted infections, sexual health and fertility.

Healthpromotion.ie provides sexual health information leaflets that you can download or order free of charge.

HIV & Sexual Health Helpline

Tel: 1800 459 459

Email: helpline@hse.ie

About the HSE Sexual Health and Crisis Pregnancy Programme

We are responsible for implementing national strategies that promote sexual health and address STIs and crisis pregnancy in Ireland.

Disclaimer

This booklet gives you basic information about STIs. It does not replace the advice of a doctor. If you have questions or concerns about STIs, or need more information, visit your GP, pharmacist or an STI clinic for professional advice.

You can order more copies of
this booklet free of charge from
www.healthpromotion.ie