## InfoV Htal INFORMACIÓN BÁSICA SOBRE EL VIH

COMBINED

PREVENTION

**OF STIs** 



hepatitis B or the human

papilloma virus. If you have not

been vaccinated yet,

consult your doctor.

There are many things you can do to protect yourself or others from sexually transmitted infections (STIs). Combining more than one preventive strategy will enable you to adapt prevention to your own needs.

REGULAR STI SCREENING

TREATMENT OF STIS

Many STIs are asymptomatic. Regular

detection of STIs, and

their treatment, can

prevent serious health complications. In

addition, early detection

and treatment prevent

them from spreading.

Most STIs can be

cured. Treatment of

bacterial STIs (such as

chlamydia,

lymphogranuloma

venereum, gonorrhoea

or syphilis) completely

eliminates the bacteria

from the body.

USE OF CONDOMS AND LUBRICANT Condoms are a very effective way of preventing most STIs. Using lubricant reduces the risk of breakage and makes penetration easier. Some studies have

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USE OF ANTISEOTCHOOLINN revealed that certain antiseptic mouthwashes (such as Listerine®) may be active against oral gonorrhoea. This strategy is currently being evaluated in a clinical trial.

> People with recurring STI diagnoses may benefit from prophylactic treatment based on the antibiotic doxycycline. This strategy is still not recommended in clinical guides. If you would like further information, please consult your doctor.

DOXYCYCLINE PROPHYLAXIS

Our sexuality is a key part of our well-being. Being able to talk about our sexuality COUNSELING AND SEX EDUCATION and sexual health with professionals allows us to look at our practices and answer many questions and resolve doubts.

COMBINED PREVENTION OF STIs

speak!

diagnosed with an STI, telling your sexual partner or NFORMING YOUR STILLING OF STILLING partners will help them to make informed decisions about their own health, such as having tests done or taking precautions to prevent new condom should be used future infections. If you do not know how to do this, by each person and for each healthcare professionals sexual practice. Disinfecting sex

If you have been

toys is essential to reduce the risk of STIs. Disinfection methods vary according to the type of sex toy material.

DISINFECTING SEX TOYS

If sex toys are shared, a

¿TIENES DUDAS ? SOBRE EL TEMA? PREGÚNTANOS GOMERNO DE ESPAÑA E IGUALDAD Tel. 93 458 26 41 POR SOL grupo de consultas@gtt-vih.org trabajo sobre ratamientos del VIH Generalitat de Catalunya Agència de Salut Pública de Catalunya ¡POR FAVOR FOTOCÓPIALO Y HAZLO CIRCULAR! AD PUBLICA Diputació Ajuntament 🕀 de Barcelona ÀREA DE QUALITAT DE VIDA IGUALTAT I ESPORTS