



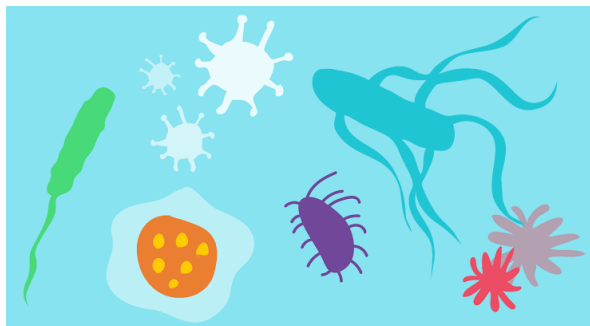
SEXUALLY TRANSMITTED DISEASES

What is an STD?

Sexually transmitted infections (STD's) are infectious diseases that can be contracted and transmitted to another person during all types of sexual contact.

In addition to sexual contact, STD's can be transmitted via needles and syringes for injection drug use, body piercing or tattoos. Some infections are also transmitted through blood (i.e.: HIV, hepatitis B and hepatitis C). These are referred to as **sexually transmitted and blood-borne infections**.

Women can also transmit certain infections (i.e.: HIV infections) to their babies before or during childbirth or through breastfeeding.



Created by Janie Auclair, Clinical Sexologist & Psychotherapist

What are the symptoms?

Each infection has its symptoms and manifestations. However, a person **may have an STD without showing symptoms**. As a result, it can take time for them to seek care, increasing the risk of health problems, complications and spreading the infection to others.

Here are some examples of symptoms that may indicate the presence of an STD:

- itching in the genital or area;
- pelvic pain not associated with menstruation;
- pain during sexual intercourse;
- discharge from the penis or rectum;
- a higher than normal vaginal discharge;
- painful or more frequent urine emissions;
- fever, headache, a feeling of general malaise;
- swelling of the glands in the groin;
- wounds or rashes on the genital or areas and sometimes also in the mouth.

If you notice some of the symptoms described or if you are concerned about having a sexually transmitted condition, only a health care professional can do the screening.

A medical examination is necessary in order to identify the cause of the symptoms and necessary treatment.

Last update: 2021/08/13 – Please note that some information or resources may have changed since the last update.





How to avoid an STD?

Abstinence is the best way to prevent an STD.
But, is that realistic? Not always...

Here are some tips to avoid infection/transmission:

- Use condoms (male or female) or dental dams during oral contact.
- Limit the number of sexual partners.
- Carry out regular screenings.
- Make sure that the material in contact with your blood (i.e.: needles) are sterilized/new.



Condom



Female condom



Dental dam

How do I get tested?

STD testing can be done during a consultation with a family doctor, school nurse, CLSC clinic, or with resources in the community.

Youth aged 14 and over can consent to confidential health care services. See details and limits to confidentiality in "Consent & Confidentiality" information sheet.

Screening tests are free of charge for all persons who have a Quebec health insurance card. Some fees may apply (between 5\$ - 15\$) for transporting samples to the laboratory.

Équipe Santé Mentale Jeunesse
Youth Mental Health Team
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RESOURCES

- **CLSC Pierrefonds** – 514-626-2572
- **CLSC Lac St. Louis** – 514-697-4110
- **Info-Santé #811**
- **Clinic l'Actuel** - www.cliniquelactuel.com
- **Contraception and STD's Clinic**
LaSalle Hospital : 514 367-8626
- **Cactus** – www.cactusmontreal.org
- **Spectre de rue** – www.spectrederue.org
- **Action-Jeunesse de l'Ouest-de-l'Île (AJOI)** - www.ajoi.info



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