

How Can I Practice Safer Sex?

- Use an internal or external condom, every time you have vaginal and/or anal sex
- Use an external condom or dental dam every time you have oral sex
- If you share sex toys, cover the toy with a condom and clean after each use
- Get tested for STIs regularly



Where Can I Get Tested?

Algonquin College Health Services

Room C14 (from Monday to Friday 8.30 am to 4.45 pm)

If you are a student you may access your school's health services (University of Ottawa, Carleton University, etc)

Sexual Health Clinic

Walk-in Clinic
179 Clarence St, Ottawa
Check online for their hours!

Your family Doctor

Any of Ottawa's walk-in clinics

For Quebec residents, please call your local CLSC Info-Santé line

Sexual Health Clinics provide services for free and provides confidential STBBI testing/treatment; as well as low-cost birth control for Ontario residents.

Adulting 101: Bye Bye STIs

What is a Sexually Transmitted Infection (STI)?

A Sexually Transmitted Infection (STI) is an infection that can be passed through vaginal, oral or anal sex. It includes exchange of sexual fluids, skin to skin genital contact or blood contact or other bodily fluids.

There's also Sexually Transmitted Blood Borne Infections (STBBIs)

STBBIs (sexually transmitted blood borne infections) are sexually transmitted and blood borne infections that can pass from one person to another through the blood and other body fluids during sexual contact.

Did You Know?

STIs are on the rise

amongst youth in Canada!

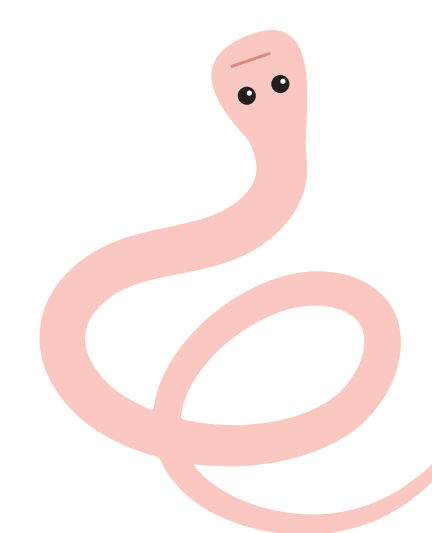
3 STIs on the Rise in Canada



CHLAMYDIA



GONORRHEA



SYPHILIS

STIs Can be Categorized in the Following Ways:

viral

- Herpes & HPV
- Ectoparasites
- Pubic lice & Scabies

vaginal infections

- Bacterial vaginosis
- Candidiasis
- Trichomoniasis

blood borne infections

- HIV
- Hep B
- Hep C



How Do I Know if I Have One?

Common signs and symptoms of STIs are genital itching, genital sores/blisters, abnormal discharge, a new and foul odour, painful urination, and more. If you are unsure consult a health professional or simply get yourself checked!

When to Get Tested?

It is recommended you get tested **every 6 months**, or when you have a new sexual partner, or if you had unsafe sex. It's a quick process, in fact, you can get STBBI **screening in under 15 minutes!** All it takes is a blood/urine sample.

So How Do I Protect Myself?



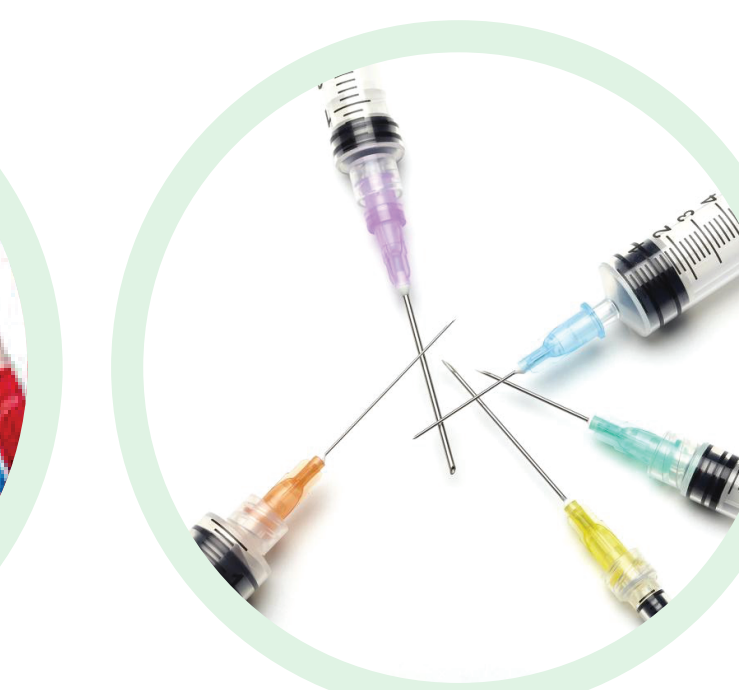
Use CONDOMS



Get VACCINATED



Get TESTED



Do not SHARE NEEDLES

So What?

- STIs and STBBIs can actually lead to life-long complications while some can be treated with antibiotics.
- In addition to causing genital warts, HPV can lead to cervical, anal, and throat cancer. It is NOT something that only affects women.
- HIV can lead to AIDS.
- It is important to stay safe to prevent these debilitating chronic conditions!