

# Sexually Transmitted Infections

**Learning about STIs can lead to smarter, safer and sexier sex**

*This info-sheet is a compilation of information to provide more understanding on Sexually Transmitted Infections (STIs).*

**It does not matter if one is top, bottom, or versatile,  
you simply may get an STI from unprotected sex.**

**Having an STI can significantly increase the risk of contracting HIV.**



## WHAT DO I NEED TO KNOW?

STIs can have no or mild symptoms, so you may not notice them or think you have an STI. Avoid self-treatment or over-the-counter remedies. If you suspect you have an STI, seek testing and treatment immediately.

Most STIs are easy to treat, although treatment varies for each infection. Always follow the advice of a doctor, including delaying or not having sex while you are on treatment.

If you are diagnosed with an STI, you should inform your past and present sexual partner(s) as soon as possible so that they can be tested and get treatment, if necessary. This helps to stop the STI from spreading further.

## REMEMBER

- Don't try to treat yourself - STI treatment should be overseen by a trained health professional.
- STI treatment will improve your sexual health including reducing your vulnerability to infection with other STIs including HIV.
- When seeking an STI assessment, recommended is to find an MSM-friendly clinic or doctor.
- Do complete any treatments you are given for STIs, even if the symptoms have gone. The infection may not be completely gone and can return. Not completing your treatment may make it more difficult to treat the STI in the future.

## IF YOU HAVE AN STI. YOU MAY NOT HAVE ANY SYMPTOMS AT ALL BUT YOU MAY EXPERIENCE:

- Burning or itchiness in your penis
- A discharge - clear, mucous-like or pus-like fluid - from your penis or anus
- Pain in the pelvic area - this is the area around your penis and balls
- Lumps, bumps, blisters or sores on your penis, around your anus or in or around your mouth
- Burning sensation and/or pain when you pee
- Having to pee often

## WHAT, WHERE & WHEN

- Visit a clinic that specializes in STI care for MSM or visit a doctor who specializes in STI management including for MSM



**Resources:**

Prevention and treatment of HIV and other sexually transmitted infections among men who have sex with men and transgender people. World Health Organization, 2011.  
Available at: [https://apps.who.int/iris/bitstream/handle/10665/44619/9789241501750\\_eng.pdf?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/44619/9789241501750_eng.pdf?sequence=1)

Sexual transmission and viral hepatitis. Centers for Disease Control and Prevention, September 2020.  
Available at: <https://www.cdc.gov/hepatitis/populations/stds.htm>

Sexually transmitted infections (STIs). World Health Organization, June 2019.  
Available at: [https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-\(stis\)](https://www.who.int/news-room/fact-sheets/detail/sexually-transmitted-infections-(stis))

STI Series. HealthLink British Columbia, 2019.  
Available at: <https://www.healthlinkbc.ca/services-and-resources/healthlinkbc-files/series#sexually-transmitted-infections-series>

What are sexually transmitted infections (STIs) or diseases (STDs)? Urology Care Foundation, 2020.  
Available at: <https://www.urologyhealth.org/urology-a-z/s/sexually-transmitted-infections>

