

discharge or bleed. If you think you have warts, you should contact your doctor for treatment options. You should abstain from sex as condoms do not prevent the spread of genital /anal warts.

TRICHOMONIASIS (Trich)

This is also known as a parasite infection. It is one of the most common STI's and is spread through sexual intercourse. The parasite that causes 'trich' lives in the urogenital tract and can effect any sexually active person. Most infections occur when people have multiple sex partners and are not using protection. The 'trich' parasite can survive for several hours in a moist environment. A person with trichomoniasis can continue spreading it until treatment is finished. They can also be re-infected if they initiate sex with a previous partner who has not been treated. Some of the symptoms include:

- An abundance of discharge ranging in color from grey to green to yellow.
- Vaginal foul odor
- Itching and tenderness in or around the vagina
- Pain during sex
 - Pain during urination
 - Soreness or itching of the labia and inner thighs
 - Swollen labia

It is commonly treated with antibiotics. Contact your doctor or health nurse for more information. Stay safe!

Did you know?

In Canada, the highest rates and increases in STI's are among young people age 15-24 years. So if you are thinking about having sex or already having sex, you need to know how to prevent catching STI's!

HOW TO CORRECTLY USE A CONDOM

1. Handle with care.



- ⊖ The condom comes rolled up in a small package.
- ⊖ Open the package carefully.
- ⊖ Teeth, fingernails or sharp objects can damage the condom.
- ⊖ Once you have taken it out of the package, look to see which way it unrolls.

2. Put the condom on.



- ⊖ Put condom on as soon as penis is hard and erect.
- ⊖ Pinch the top of the condom between your thumb and first finger to keep air out.
- ⊖ Leave about 1/2 inch of room at the tip. This allows space to catch the semen, so the condom won't break.

3. Roll it down.



- ⊖ Hold condom against the head of the penis.
- ⊖ Use your other hand to carefully unroll the condom over the penis, all the way down to the base.

4. After sex.



- ⊖ After ejaculation, take the penis out while it is still hard.
- ⊖ Hold the rim of the condom around the base of the penis as it is pulled out.
- ⊖ Be careful not to spill any semen.

5. Take it off.



- ⊖ Make sure the penis is away from your partner's body before you remove the condom.
- ⊖ Throw the used condom away. Never use a condom more than once.

PG New Hope Society

Reducing Barriers for Womyn in Sex work and Survival Sex

Sexually Transmitted Infections (STI's)

- Chlamydia
- Gonorrhea
- HIV/AIDS
- Herpes
- Human Papilloma Virus (HPV)
- Trichomoniasis

STI's are infections that you can get by having sex with someone who is infected. Take Care of your body, no one else will!



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Sex Work and STI's

How do you know if you have an infection?

Some people with an STI have few or no symptoms. Other people have more obvious symptoms such as:

- Different or heavier discharge from the vagina
- A burning feeling when peeing
- Sores in the genital or anal areas
- Itching around the vagina or anus
- Appearance of a rash
- Swollen glands in the groin

Having a symptom doesn't mean you have an STI, but if you are sexually active, you should see a health care professional.

How are STI's spread?

- Mostly through sex because the bacteria and viruses travel through semen, vaginal fluid and blood.
- Through direct contact with an infected area.
- Infected blood on needles/syringes.
- Can be passed on to babies during pregnancy, childbirth or breastfeeding.
- You can catch an STI more than once and have more than one at a time.
- If you are HIV positive and have another STI, you increase the chance of passing HIV to your partner.
- If you're not HIV positive but have an STI, you increase your chances of contacting HIV from an HIV positive partner.
- Most STI's are easily treated, but dangerous if they are ignored.
- Sexually active should stop until the STI has cleared up and treatment has been finished.
- For some STI's like HIV there are no cures.

HIV/AIDS

HIV is the virus that caused AIDS. It stands for Human Immunodeficiency Virus. It attacks your immune system, which is your defense against infections. Anyone can be infected with HIV and most people may not even know they have it unless they get tested. As soon as it enters your body there is a three week window period where you may have flu-like symptoms. Often people do not associate this with the possibility of having HIV. If you are sexually active and not protecting yourself, you should get tested. Your doctor, nurse or local health clinic will have testing available. For more information about HIV, ask your local health nurse or AIDS organization. Positive Living North 250-562-1172 or 1-888-438-2437

According to a 2001 study done by the University of Victoria (UVIC), prostitutes only 3.5% of Canadian prostitutes are HIV positive. (*Dispelling Myths and Understanding Realities: Working Conditions, Health Status and Exiting Experiences of Sex Workers*)

HERPES SIMPLEX VIRUS I & II

There are many different types of herpes viruses; however, the two most common are types I & II. Type I is found in most infections above the waist such as cold sores on the mouth. Type II is associated with infections below the waist including both the vaginal and anal areas. There are not always signs or symptoms. Many people carry the virus without knowing it. When there are symptoms, it is called an 'outbreak'. These are painful blisters on the vaginal, anal, cervix and mouth areas. During an outbreak they can spread to other areas of the body including your hands, face and eyes. When they break open they become crusty sores. 1 in 5 Canadians have herpes. They are passed through skin to skin contact. Other symptoms may include fever, muscle aches, sore lymph nodes, vaginal discharge and painful urination. Avoid sex

during an outbreak to reduce the risk of transmission. Treatment includes medication from your doctor to help control outbreaks. For more information on HSV contact your local health nurse at the health clinic's STD program 250-565-7381.

CHLAMYDIA

Chlamydia is a sexually transmitted bacterium. It can infect the anus, urethra, eyes, and throat. It usually infects the cervix to the urethra, fallopian tubes and ovaries in women. It can cause bladder infections (pelvic inflammatory disease) and ectopic pregnancy, both are painful and can lead to sterility. It can cause sex to become painful, the frequent need to pee and painful urination. Sometimes no symptoms occur at first. Later on it may become itchy around the vagina and a yellow odorless discharge will begin. Know your sex partner or make a pact to go get tested together with no judgments on the outcomes! You know that you are in a committed relationship when you both want a healthy well-being for one another. Chlamydia is treated with oral antibiotics. Again for more information contact your local STD health nurse at 250-565-7381. You can also call the BC Nurseline at 1-866-215-4700.

HUMAN PAPILLOMA VIRUS (Genital/Anal Warts)

Genital/Anal warts are thought to be the most common viral STI. It is spread through sex or close skin to skin contact in the genital and anal areas with someone who is infected. There are different types of HPV that cause different problems. Many people can be infected with HPV and never know it. Sometimes the virus can lead to genital or anal warts and sometimes they can turn cancerous. This is especially true for women with warts on the cervix area. Genital warts are growths on or around the genital or anal area that look like little cauliflower clusters. Sometimes though, they can be flat and hard to see. Warts are not usually painful but they can sometimes be itchy and cause