

DID YOU KNOW

LYIT| Student Health Service Did You Know programme provides information to help students experience positive sexual health and wellbeing.

STI=SEXUALLY TRANSMITTED INFECTION

A male condom should be used for all methods of sexual intercourse, either oral anal or vaginal. Using condoms correctly every time you have sex will reduce your risk of getting an STI. Condoms offer protection against most sexually transmitted infections and HIV if used correctly. A male condom covers the penis and can be used for oral (mouth to penis), vaginal and anal sex. A female condom lines the vagina and can be used for vaginal sex.

A dental dam is used as a barrier between the mouth and genitals (vagina or anus) during oral sex. A dental dam is a square of latex which is placed over the vagina or anus during oral sex (mouth to vagina or mouth to anus). A dental dam can also be made by cutting up a condom.

The contraceptive pill does not protect against STIs. The oral contraceptive pill does not prevent a girl from getting an STI, it only works to prevent pregnancy. The only way to protect yourself against most STIs is by using condoms or dental dams and water-based lubricant.

If you have any type of sexual contact with someone, you can get a Sexually Transmitted Infection (STI). Most STIs are passed between sexual partners through unprotected oral, anal or vaginal sex, however some STIs can be passed by skin-to-skin contact. If you or your partner has any sign of an infection, cuts or sores in the genital area or cold sores around your mouth, do not have any *unprotected* sex including oral sex, until you have been tested and treated.

Barrier methods such as a condom (for oral, vaginal and anal sex) or a dental dam (for oral sex) can offer protection against STIs. Using both a condom and another method, is the best way to protect against pregnancy and STIs. Condoms should be used with a lubricant to prevent them from tearing or breaking and to reduce irritation.

Someone can have an STI without knowing it. Even when you don't notice any symptoms, you can still pass an STI to a sexual partner, so it is important for you and your partner to be tested.

Some STIs have no symptoms. Many STIs have no signs or symptoms (asymptomatic). Even with no symptoms, however, you can pass the infection to your sex partners.

You can't get an STI the first time you have sex. If you have a new partner, it is a good idea for both of you to have an STI test before having any sex without protection. You may not have any symptoms, or be aware that you have an STI.

You can get an STI more than once. If you do test positive for an STI, it is really important that you don't have sex with your partner before they are tested and treated as you could become infected again.

You can only have one STI at a time. You can also have more than one STI at a time. Also, some STIs aren't curable, so you can still have the STI even if you've received treatment.

If you have any reason for concern, you can make an appointment at the LYIT | Student Health Service, by calling: 074 91 86855. STI Screening is also available at Letterkenny University Hospital by appointment only by calling: 074 91 23715. Check out: www.sexualwellbeing.ie today.