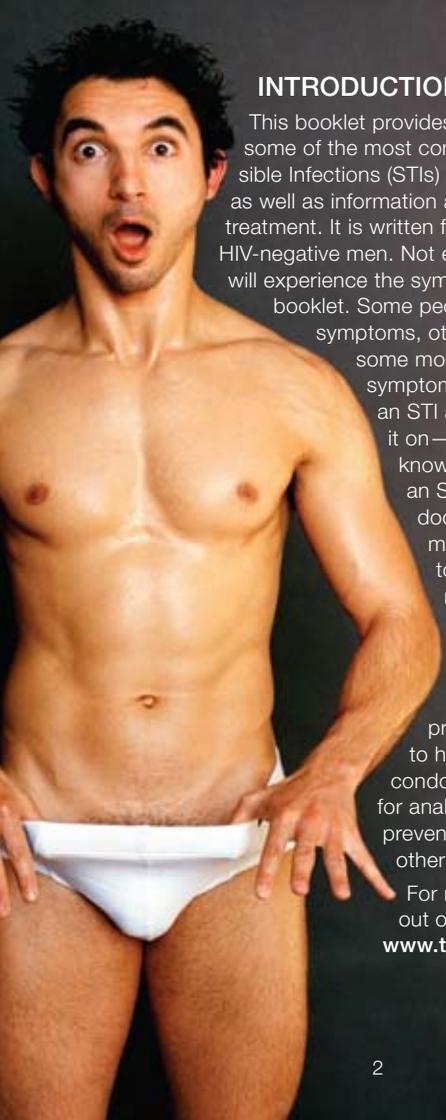




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INTRODUCTION

This booklet provides basic information on some of the most common Sexually Transmissible Infections (STIs) found among gay men as well as information about STI testing and treatment. It is written for both HIV-positive and HIV-negative men. Not everyone with an STI will experience the symptoms described in this booklet. Some people may have no obvious symptoms, others mild symptoms and some more severe. Even without symptoms, you may still have an STI and still be able to pass it on—only testing will let you know. If you think that you have an STI, get a check-up. If your doctor doesn't see many gay men or you don't want them to know you have sex with men, try a different doctor or go to a sexual health centre (see back page for clinics and for contacts). While the best way to prevent HIV transmission is to have safe sex by using a condom and water based lube for anal sex, condoms will not prevent transmission of some other STIs.

For more information, check out our website:
www.thedramadownunder.info

HOW TO STOP THE DRAMA DOWNUNDER

The more sex partners you have, the more often you should get tested; at least yearly if you have any casual partners, and 3-6 monthly if you have a lot. This reduces the chances of having an undiagnosed STI that can harm your own health as well as increase your risk of picking up or passing on HIV.

Even if you show no symptoms, it is possible to have an STI and pass on the infection. Testing is the only way to know.

If you are in a new relationship, monogamous or otherwise, it is advisable to get a check-up as you may have contracted an STI from a previous partner. You can sign up for a free SMS or email reminder for your sexual health checks on the "Remind Me" service at www.thedramadownunder.info

Recognise and act on symptoms

If you have an unusual discharge from your cock, pain or itchiness in your arse, stinging or itching when you urinate, or if you find sores, blisters or rashes in the genital area or arse - get it checked out.

Tell your recent sex partners

If you've been diagnosed with an STI, or even just think you have one, let your recent sex partners know so they can get checked. This reduces the number of STIs in the community and reduces your chances of getting it again. You can notify your recent sexual partners anonymously with a free SMS or email on the "Let Him Know" service at www.thedramadownunder.info

Get vaccinated for hepatitis A and B

There are vaccinations available for both hepatitis A and B which may be prescribed by a GP or possibly available for free from sexual health clinics.

Use condoms and water based lube

Condoms provide the most effective protection against the transmission of HIV and significantly reduce the risks of picking up and passing on a range of other STIs.

REGULAR TESTING

If you have any sex with casual partners it's a good idea to get tested for STIs regularly. An annual check is a good baseline. However, the more sexual partners you have the more frequently you should get tested. That may mean every 3-6 months.

Even if you have no symptoms you could still have an STI and the only way to know is to get tested.

If you are in a new relationship, monogamous or otherwise, it is a good time for you and your partner to get a check up. You may have contracted an STI from a previous partner. Regular testing is also recommended if you are having sex outside the relationship.

What Does a Sexual Health Check Involve?

When you go for a sexual health check, your doctor will assess your risk by asking a series of questions about your sexual history. A full sexual health check should include all of the tests listed below.

If you don't have any symptoms a routine check-up should involve:

- Blood test for HIV;
- Blood test for syphilis and hepatitis A and B and, depending on your risk, for Hepatitis C;
- Urine sample for gonorrhoea and chlamydia (best taken at least two hours after you have urinated);
- Anal swabs for gonorrhoea and chlamydia;
- Throat swab for gonorrhoea; and
- Physical examination for genital herpes, genital warts, pubic lice and scabies.

You may need to ask specifically for some of these tests.

If you have symptoms you may be offered different tests.

If you're HIV positive

Getting regular blood tests to monitor your HIV viral load doesn't mean you are getting tests for other STIs. If you are sexually active you should ask your doctor to test for the full range of STIs whenever you get your HIV blood work done.

One-Minute Self Examination

You can also give yourself a quick examination for any external signs of STIs. Grab a small hand mirror. Find a private place, get naked and look for sores, blisters, rashes, itching, redness, swollen areas, unusual odour or wet discharge on or around your dick, arse and balls.

Some helpful hints include:

- Lift and look under the balls;
- If uncircumcised, pull back the foreskin;
- Look at the area between your arse and your balls with the hand mirror;
- Check your pubic hair for small mites, eggs or lumps;
- Gently squeeze the penis along the shaft to check for any unusual





discharge (it is common for most men to find some fluid when doing this, it does not necessarily mean that you have an STI).

Remember, even if you have no symptoms you could still have an STI and the only way to know is to get a test.

Getting an HIV Test

Before you get tested for HIV your doctor should discuss the test and its meanings and implications with you. This is known as pre-test discussions. In this discussion, the doctor will gauge your understanding of HIV, how it is transmitted and how to protect yourself. The doctor should discuss the implications of a positive or negative result with you, including what support you have available after your result. You should find out about the “window period” and if you need to be re-tested. You should always be given the results of your HIV test in person.

Get a Reminder

It can be difficult to remember when you had your last sexual health check and when it's time for your next one. It can also be difficult to know how often you should get tested for STIs. You can sign up for a free SMS or email reminder for your sexual health checks on the “Remind Me” service at www.thedramadownunder.info

HOW WOULD I KNOW IF I HAD AN STI?

Many people with an STI do not have any symptoms. Getting an STI check regularly is the only way to detect most STIs.

Signs that may indicate that you have an STI include:

- Smelly, cloudy or yellowish discharge or pus coming from your penis or if it hurts when you urinate;
- Blisters, sores, warts or lumps on your penis or any of the surrounding skin;
- Itchiness in the genital area;
- If it hurts when you have sex; and,
- Fever, swollen glands (especially in the groin), flu-like symptoms or unexplained weight loss or tiredness.

If you have any of these symptoms you should see your doctor as soon as you can. You should also avoid having sex until you have been tested. See the Clinics section at the back of this booklet or www.thedramadownunder.info for contact details of sexual health clinics.

LETTING PREVIOUS PARTNERS KNOW

If you are diagnosed with an STI, or even if you think you might have one, it is important to let your previous sexual partners know and suggest they get tested. Sometimes this isn't easy. You might find it hard to tell your sexual partners you have an STI. Even though it's difficult and uncomfortable, it is important for their health – and the health of the other guys they may be having sex with – to know they may have an STI.

You can talk to your doctor, nurse or counsellor about contacting your partners or you can do it yourself if you feel comfortable.

You can also notify your recent sexual partners anonymously through email or SMS by using the “Let Him Know” service at www.thedramadownunder.info

REDUCING THE RISK

Safe Sex

Safe sex, for HIV, is any sexual activity that doesn't allow infected semen, anal mucus, vaginal fluid or blood to pass from one person into the bloodstream of another person. Fucking without condoms is the highest risk for transmission of HIV, which can allow infected cum or pre-cum to enter the bloodstream of the receptive partner ("bottom" partner) through the lining of the arse, or anal mucus and blood to enter the bloodstream of the insertive partner ("top" partner) through the opening in their dick. Using condoms and water-based lube is the most effective way to prevent HIV transmission.

Condoms also offer some protection against a range of other STIs. They do this by preventing transfer of infected fluids or by covering infected sites. However, because STIs are transmitted in a variety of ways the protection condoms give is not complete.

Effective Condom Use

When used properly, condoms stop the transmission of HIV and reduce the transmission of other STIs.

Condom Use Guidelines:

- Condoms come in different shapes and sizes (eg tighter fitting, regular, larger fitting, flared) - choose the best for you;
- Check the use by date and the Australian Standard mark;
- Take care not to tear the condom when opening the packet;
- If uncircumcised, pull back the foreskin;
- Squeeze the air out of the tip and roll the condom all the way down to the base of the dick;
- Use lots of lube;
- Check from time to time that the condom is still intact and apply more lube;
- When pulling out, hold the condom by the base so it doesn't slip off;

- Only use condoms once and, if having sex with multiple partners, use a new condom with each partner;
- Throw them in the bin, not down the toilet.

Lube

Always use a water or silicone based lube. Oil based lubes (eg hand cream, Crisco, Vaseline) weaken condoms and can cause them to break. Using no lube or using saliva puts extra strain on the condom making it more likely to break.

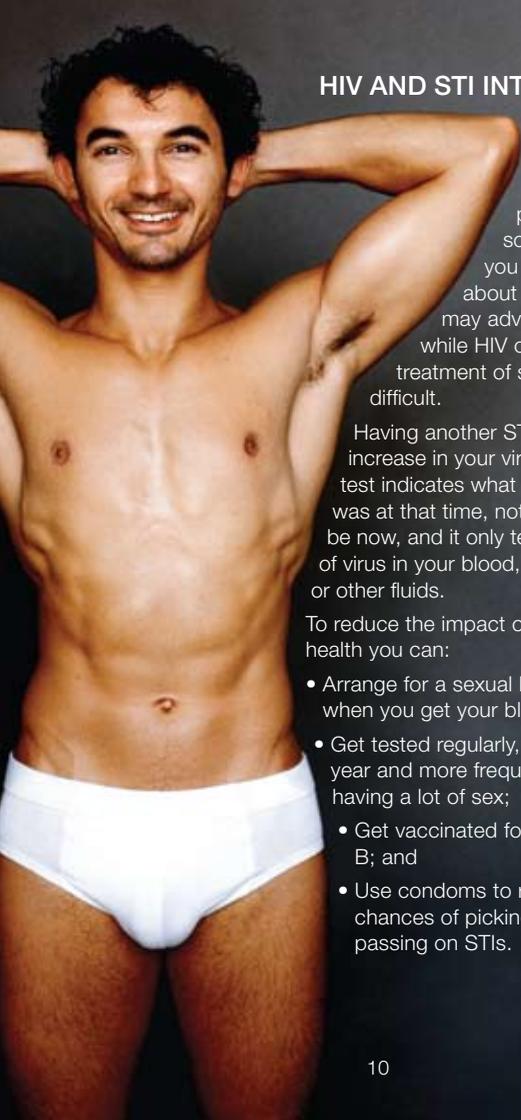
Using plenty of lube is one way to prevent condom breakage – the more the better. You may need to re-apply lube several times when fucking.

Avoid putting lube on your dick before putting the condom on as it's more likely to slip off.

Sex Toys

To prevent STIs and HIV being transmitted from one partner to another by using sex toys you can: have your own toys; wash them with warm soapy water and dry them between partners; or use condoms on them, changing the condom after use with each partner.





HIV AND STI INTERACTIONS

HIV Positive Men and STIs

If you are HIV positive there are some extra things you need to know about STIs. Some STIs may adversely affect HIV, while HIV can make the treatment of some STIs more difficult.

Having another STI may lead to an increase in your viral load. Your last test indicates what your viral load was at that time, not what it might be now, and it only tests the amount of virus in your blood, not your semen or other fluids.

To reduce the impact of STIs on your health you can:

- Arrange for a sexual health check when you get your blood work done;
- Get tested regularly, at least every year and more frequently if you are having a lot of sex;
- Get vaccinated for hepatitis A and B; and
- Use condoms to reduce the chances of picking up and passing on STIs.

STIs and HIV Transmission

STIs have been shown to increase the likelihood of HIV being picked up or passed on, even when you don't have symptoms.

If you're HIV negative, STIs can cause the skin or membranes in your urethra (the tube in your dick), rectum (arse) and throat to become sore, inflamed or bleed. This makes it easier for HIV to get in, increasing the chance of infection.

If you're HIV positive, STIs can increase the viral load in your blood, anal mucus, pre cum and cum, as well as in sores and lesions, increasing the chances of passing on HIV.

SEXUALLY TRANSMISSIBLE INFECTIONS (STIs)

STIs are infections that are transmitted through close body contact or the exchange of body fluids such as semen (cum), blood, mucus or saliva. Sexual contact includes fucking, sucking, touching, fingering or kissing/licking a dick or arse. STIs can be caused by viruses, parasites, bacteria, or fungi.

VIRUSES

Human Immunodeficiency Virus (HIV)

HIV is the Human Immunodeficiency Virus that causes failure of part of the immune system. The immune system is important because it defends the body from infection and disease.

Acquired Immune Deficiency Syndrome (AIDS) refers to a range of specific illnesses that people with HIV may get when their immune system is badly damaged. The presence of HIV in the body is not an AIDS diagnosis. It is possible for people to have HIV for many years, but show no symptoms that define AIDS.

Transmission

HIV is only infectious in blood, cum (semen), pre-cum, vaginal fluids, anal mucus and breast milk. A person can only become infected with HIV if one of these body fluids containing HIV gets into their body and passes into their bloodstream. For gay men, the main ways in which this occurs is through unprotected sex (fucking or being fucked without using condoms) or sharing injecting equipment.

For HIV-positive men, having an 'undetectable' HIV viral load does not mean that you can't pass on HIV during unprotected sex. The presence of other STIs increases the levels of HIV in semen and therefore increases the risk of HIV transmission. Similarly, HIV may be present in genital ulcers caused by other STIs at levels high enough for HIV transmission to occur. For HIV negative men having another STI can cause inflammation in the site of infection or ulcers, which increase the chances of picking up HIV.

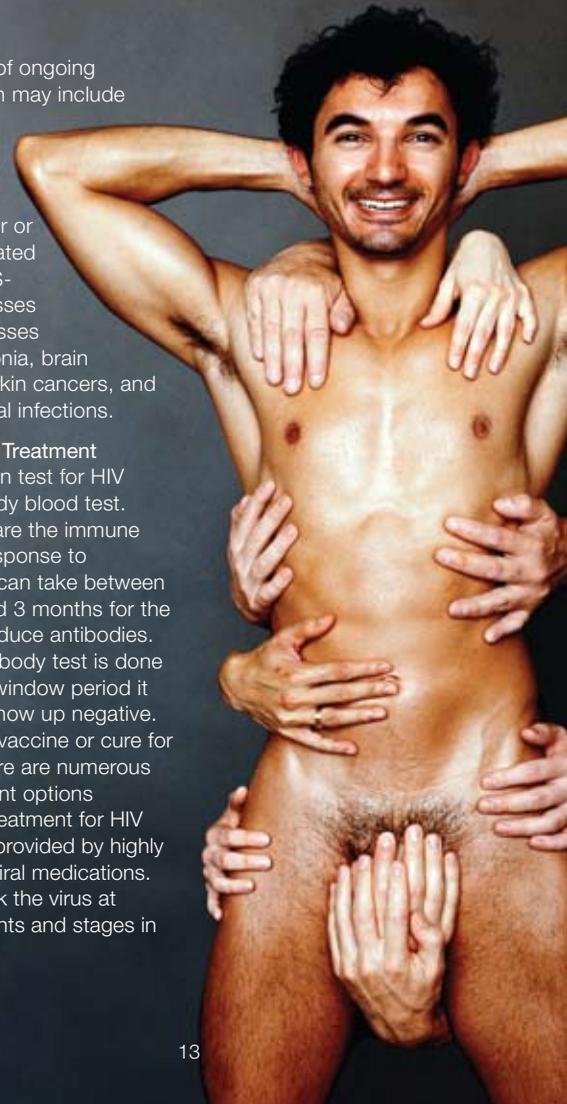
Signs and Symptoms

HIV seroconversion is the term used to describe the process when someone goes from being HIV negative to HIV positive. Shortly after being infected with HIV, a person may, but not always, undergo a seroconversion illness, a severe flu-like illness that will pass in a matter of weeks. Symptoms of this may include fever, rashes, a sore throat and swollen glands.

Symptoms of ongoing HIV infection may include unexplained diarrhoea, weight loss, recurrent rashes, fever or an AIDS-related illness. AIDS-related illnesses include illnesses like pneumonia, brain infections, skin cancers, and severe fungal infections.

Testing and Treatment

The common test for HIV is an antibody blood test. Antibodies are the immune system's response to infection. It can take between 2 weeks and 3 months for the body to produce antibodies. So if an antibody test is done during this window period it is likely to show up negative. There is no vaccine or cure for HIV, but there are numerous HIV treatment options available. Treatment for HIV is currently provided by highly active anti-viral medications. These attack the virus at different points and stages in its lifecycle.





Prevention

The most effective way to prevent getting or passing on HIV is using condoms and water-based lube when fucking and clean equipment if injecting drugs.

For HIV negative men, giving oral sex (that is, sucking a dick) is considered low risk. Having cuts or sores in your mouth, having an STI in your throat or having had recent dental work increases the risk. During these times, using a condom, avoiding cum in your mouth or avoiding oral sex will reduce the risk.

For HIV positive guys, having an STI in your dick will increase the chances of passing on HIV when receiving oral sex. Getting tested regularly and not cumming in your partner's mouth reduce this risk.

Post Exposure Prophylaxis (PEP)

If you think you may have been exposed to HIV you should consider getting PEP. PEP is a 4 week course of anti-HIV drugs which may prevent HIV infection, provided the treatment is started as soon as possible after the potential exposure.

To be most effective, PEP should be started as soon as possible after exposure to HIV. If it is not started within 72 hours (3 days) it is not likely to work.

To get PEP, contact your local sexual health clinic, hospital emergency department or go to www.getpep.info for more information.

Genital & Anal Warts

Human papilloma virus (HPV) is the virus that can cause warts on the dick, arse or surrounding areas. HPV is very common with more than 75% of sexually active people getting the infection usually between the ages of 18-25. Only about 10% of people who get HPV infection get warts. The rest usually don't know they have it.

Transmission

Warts are passed on by any skin to skin contact with an infected person.

Signs and Symptoms

Symptoms include small bumpy warts around the dick, balls and arse or discomfort when going to the toilet if the inside of the arse is infected but they can also be painless. There may be no symptoms at all. If symptoms are present they will generally appear 2 to 3 months after being infected but it may take much longer. Outbreaks of warts can then occur periodically.

Testing and Treatment

A physical examination can detect warts.

There is currently no cure for genital or anal warts but a doctor can remove the warts by freezing, burning, using laser or by applying liquid wart paints or creams.

If You're HIV Positive

Outbreaks of warts can be more severe and harder to treat in HIV positive men. Some types of genital wart virus have been linked to a greater risk of anal cancer. This risk might be even greater for people with HIV.

Prevention

Condoms can reduce the risk of transmission but do not always cover the infected area. The warts may be present on the balls or arse area.

There is a vaccine that may be available (although not free of charge) for men. This vaccine may be most effective when given before exposure to the virus – which means before having sex.

Herpes

Herpes is caused by the Herpes Simplex Virus (HSV) of which there are two types:

- Type 1 is usually found around the mouth and is commonly known as a cold sore.
- Type 2 is usually found around the dick and arse areas and is commonly known as genital herpes.

Transmission

Herpes can be passed on both sexually and non-sexually during skin to skin contact, by direct contact with a sore on the mouth, dick or arse. It can also be transmitted when there are no obvious symptoms present.

Signs and Symptoms

Symptoms may not always be present but can include:

- Itching or tingling feeling around the infected area;
- An outbreak of painful blisters or sores which later form scabs; and
- Flu-like symptoms may be present.

If symptoms do appear they will generally show 2 – 30 days after exposure but they can take months to years to appear.

Testing and Treatment

A physical examination can detect a herpes outbreak. If you have blisters or sores, your doctor may take a swab. A blood test may also be performed.

There is no cure but there are treatments that can reduce

symptoms and speed up recovery. The possibility of repeated outbreaks varies from person to person, but outbreaks may become less frequent and over time may stop altogether.

If You're HIV Positive

Outbreaks of HSV can be more severe and last longer for those with HIV. HIV viral loads can peak during outbreaks, and increase transmission risk to partners of both HSV and HIV.

Prevention

Condoms can reduce the risk of transmission but do not always cover the infected area.

There is strong evidence that taking anti-HSV medications greatly reduces the chances of passing on herpes to partners.

Hepatitis A

Hepatitis A is a virus which causes inflammation of the liver.

Transmission

It is transmitted through small quantities of infected shit entering a person's mouth through activities like arse play, rimming, and by not washing your hands after sex with an infected person. It can also be passed on by using eating and





drinking utensils previously used by an infected person. People are infectious for around three weeks, starting two weeks before they develop symptoms to about a week afterwards.

Signs and Symptoms

Symptoms can include a mild flu-like illness, vomiting, abdominal pain and jaundice. It will usually show up within 2 to 4 weeks.

Testing and Treatment

Hepatitis A can be detected by a blood test.

There is no treatment for hepatitis A. Bed rest and plenty of fluids are recommended.

In severe cases people will need to go to hospital.

People with hepatitis A infection should avoid drugs, alcohol, excessively fatty diets, or anything that

may affect the liver. If you suspect that you have hepatitis you should see your doctor.

If You're HIV Positive

While hepatitis A will not seriously impact upon HIV, it may lead to difficulties with compliance to antiretroviral medication if there is severe nausea and vomiting.

Prevention

To prevent passing on hepatitis A, wash your hands after using the

toilet and before and after sex (especially arse play), and use dams for rimming.

Most people who get hepatitis A will recover and develop permanent immunity to the virus.

An effective vaccination against hepatitis A is available. A combination hepatitis A and B vaccination is also available.

Hepatitis B

Hepatitis B is a virus which causes inflammation of the liver.

Transmission

It is transmitted by infected blood or cum entering a person's bloodstream through activities like unprotected anal and oral sex, sharing injecting equipment, toothbrushes or razors, oral sex, tattooing or body piercing with unsterile equipment.

Signs and Symptoms

Symptoms, if they are present, will show up 1-6 months after exposure, may include loss of appetite, tiredness, nausea, yellowing of the skin and eyes (jaundice) and dark urine.

Testing and Treatment

Hepatitis B can be detected by a blood test.

Most people recover from hepatitis B.

Some retain the virus in their body, there are treatments available for these people. See your doctor.

If You're HIV Positive

Co-infection with both HIV and hepatitis B may lead to more rapid progression of hepatitis B to liver cancer. Treatment for hepatitis B may also be less successful and limited by resistance to some antiviral medications that may already have been used for HIV treatment.

Prevention

There is an effective hepatitis B vaccination. A combination hepatitis A and B vaccination is also available. See your doctor.

Hepatitis C

Hepatitis C (HCV) is a virus that causes serious damage to the liver. For some people, this can lead to cirrhosis, or scarring of the liver and eventually liver failure and death after many years. For more info on hepatitis C go to www.hepatitisaustralia.com

Transmission

Hepatitis C is passed on by blood-to-blood contact, so infected blood from one person must enter another person's blood stream.

A small amount of blood can carry enough of the virus to cause infection. Transmission can occur through sharing injecting equipment, toothbrushes and razors, unsterile tattoo and piercing equipment and needlestick and sharps injuries in occupational settings.

Hepatitis C is not an STI, however there is a risk of sexual transmission if there is blood present during rough anal sex or fisting or there are other STIs present. The virus is spread by blood-to-blood contact.

Signs and Symptoms

Many people infected with hepatitis C do not experience any symptoms. Others may experience flu-like symptoms, nausea and abdominal pain in the early stages of infection. During the first 2 – 6 months some people are able to clear the virus naturally, for others they will go on to develop chronic infection which can lead to cirrhosis and liver cancer after many years in some people.

Testing and Treatment

Hepatitis C can be detected by a blood test.

The current treatment for hepatitis C is a combination of two drugs, Pegylated Interferon and Ribavirin. The treatment aims to clear the virus from your body and also to prevent the progression of the infection to cirrhosis and liver cancer or liver failure. Treatment is not available to all people with hepatitis C and can have side effects ranging from mild to very severe. Ask your doctor about current treatments for hepatitis C.

Other people manage their symptoms successfully with complementary therapies and lifestyle changes.

If You're HIV Positive

Around 1 in 10 HIV positive Australians also have hepatitis C – but many are not aware of it. Co-infection with hepatitis C is dangerous because it can accelerate the progress of both infections, making both difficult to treat.

Prevention

People who share equipment when injecting drugs are at a high risk of contracting hepatitis C. If injecting, do not share any equipment, including spoons and tourniquets.

Wash hands, dicks, and toys and change condoms and gloves when moving from arse to arse during sex.

Molluscum Contagiosum (MC)

Molluscum Contagiosum (MC) is a virus that causes pimple like lumps on the body.

Transmission

MC is transferred by direct skin to skin contact with someone who has the infection. It can be transmitted through sexual and non-sexual contact.





Signs and Symptoms

If symptoms are present they will usually appear within 2 to 7 weeks after contact with someone who has the virus. MC causes pimple like lumps that are waxy, firm and painless with a dimple in the middle. They can appear in the genital area as well as on other parts of the body.

Testing and Treatment

It is detected by careful examination of the skin.

MC is easily treated by freezing the lumps off the body. Alternatively, the core of the lump, which contains the virus can be extracted with a fine needle. The virus stays in the skin for life.

If You're HIV Positive

MC is difficult to treat if your immune system is suppressed. However, if you are on effective HIV treatments MC is unlikely to cause any real problems.

Prevention

There are no specific means to prevent you picking up MC, however, getting treated quickly will reduce the chances of passing it on.

PARASITES

Pubic Lice (Crabs)

Crabs or pubic lice are small parasites that grip onto the hair in the genital area.

Transmission

They are most commonly passed on by close bodily contact with someone who has crabs. As crabs can survive for some time away from the body, it is also possible to catch them by sharing towels, clothes or someone's bed.

Signs and Symptoms

The most common symptom of pubic lice is itching in the pubic hair. Close inspection should reveal tiny lice clinging to the pubic hair. There may also be nits (eggs) attached to the hair shaft. Crabs can also be found in beards, armpits, on chest hair and on the eyelashes.

Testing and Treatment

An external physical examination will show the presence of crabs.

Crabs are easily cured by using appropriate genital lice shampoos and creams available at pharmacies. Shaving the pubic area will not get rid of the crabs. All bed linen, clothes, towels and underwear that has come into contact with the infected area should be washed in a hot, soapy wash. Sexual partners and anyone in close physical contact should also be treated to avoid reinfection. It is also advisable to repeat the treatment after seven days.

Prevention

There are no specific means to prevent you picking up crabs, however, getting treated quickly will reduce the chances of passing it on.

Scabies

Scabies are tiny mites (smaller than crabs) that burrow under the skin to lay eggs.

Transmission

Scabies are passed on through skin to skin contact, both sexual and non sexual.

Signs and Symptoms

Symptoms are usually noticed within four weeks. The most common symptom is intense itching which is caused when the mites burrow under the skin. The burrowing causes fine red marks on the skin. The burrowing causes fine red marks on the skin. The mites like warm areas of skin like the groin and armpits. They are also commonly found in the spaces between the fingers and toes. Itching is usually worse while warm, like in bed.

Testing and Treatment

Scabies are detected by examining itchy areas under a bright light.

Scabies are cured by using the appropriate scabies lotions available at pharmacies. All bed linen, clothes, towels and underwear that has come into contact with the infected area should be washed in a hot, soapy wash. Sexual partners and anyone in close physical contact should also be treated to avoid reinfection. It is also advisable to repeat the treatment after seven to ten days.

If You're HIV Positive

Severe immunosuppression can lead to difficulty eradicating scabies but otherwise people with HIV are not affected differently to others.

Prevention

There are no specific means to prevent you picking up scabies, however, getting treated quickly will reduce the chances of passing it on.

BACTERIA

Gonorrhoea

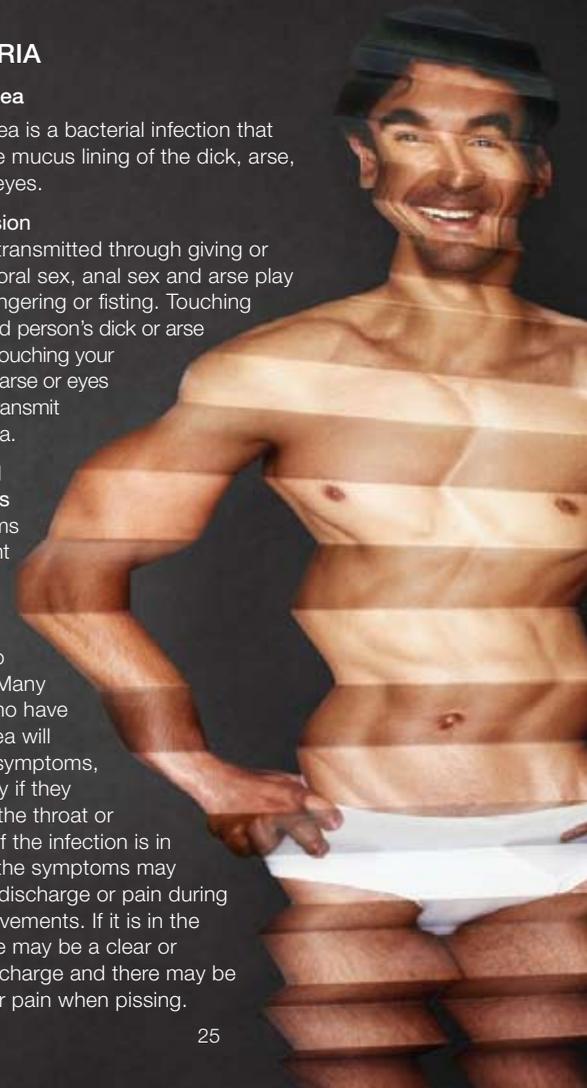
Gonorrhoea is a bacterial infection that lives in the mucus lining of the dick, arse, throat or eyes.

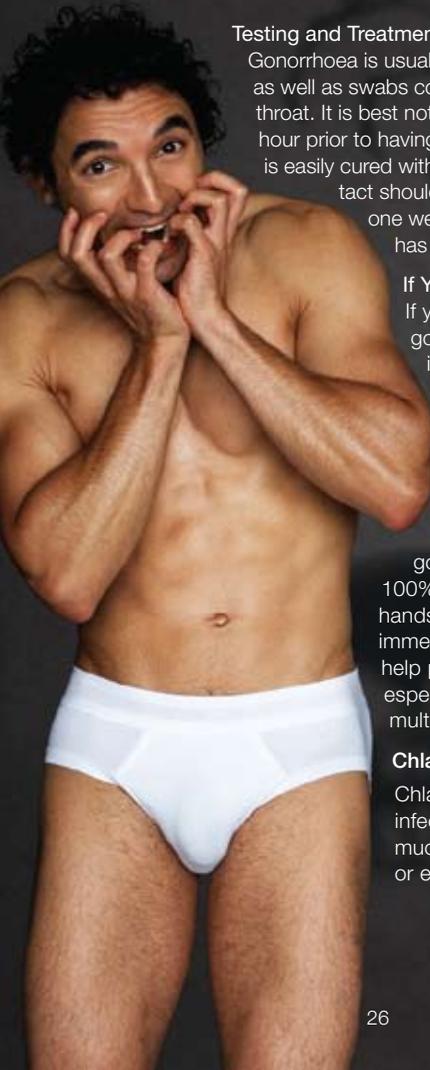
Transmission

It can be transmitted through giving or receiving oral sex, anal sex and arse play such as fingering or fisting. Touching an infected person's dick or arse and then touching your own dick, arse or eyes can also transmit gonorrhoea.

Signs and Symptoms

If symptoms are present they will usually develop within 2 to 10 days. Many people who have gonorrhoea will show no symptoms, particularly if they have it in the throat or the arse. If the infection is in the arse, the symptoms may include a discharge or pain during bowel movements. If it is in the dick, there may be a clear or yellow discharge and there may be stinging or pain when pissing.





Testing and Treatment

Gonorrhoea is usually detected by a urine test as well as swabs collected from the arse and throat. It is best not to piss for at least one hour prior to having a urine test. Gonorrhoea is easily cured with antibiotics. Sexual contact should be avoided for at least one week to ensure the infection has cleared after treatment.

If You're HIV Positive

If you are HIV positive, gonorrhoea greatly increases your viral load, making it easier to pass HIV on to other people while you have it.

Prevention

Using condoms provides the best protection for gonorrhoea but may not be 100% effective. Washing your hands with soap and water immediately after sex can also help prevent transmission, especially if having sex with multiple partners.

Chlamydia

Chlamydia is a bacterial infection that can infect the mucus lining of the dick, arse or eyes.

Transmission

Chlamydia is easily transmitted by anal sex, oral sex or arse play such as rimming or fingering. Touching an infected area and then touching your own dick or arse can pass on the infection.

Signs and Symptoms

Symptoms may appear between 7 and 21 days after infection but can be mild or in some cases absent. Symptoms can include a discharge from the penis, pain when urinating or pain during sex. If not treated, chlamydia may decrease fertility.

Testing and Treatment

Chlamydia can be detected by a swab collected from the anus or by a urine sample. It is preferable not to piss for a minimum of one hour prior to having this test. Chlamydia is easily cured with antibiotics.

If You're HIV Positive

If you are HIV positive, chlamydia greatly increases your viral load, making it easier to pass HIV on to other people while you have chlamydia.

Prevention

Using condoms provides the best protection for chlamydia but may not be 100% effective. Washing your hands with soap and water immediately after sex can also help prevent transmission, especially if having sex with multiple partners.

Lymphogranuloma venereum (LGV)

LGV is a particularly virulent form of the chlamydia bacteria.

Transmission

LGV gets into the body through the mucus lining of the mouth, penis or inside of the rectum. Anal sex without condoms is the easiest way this happens but using dildos in more than one man's rectum without condoms or cleaning can also spread LGV.

Signs and Symptoms

Not everyone with LGV has symptoms. LGV infection can have three stages with different symptoms:

- **STAGE 1:** Three days to three weeks after infection there may be a small, painless sore on the dick, mouth or arse at the site of the original contact. If infection is in the dick there may be pain when urinating or a discharge.
- **STAGE 2:** 10-30 days later (or even longer) glands may become painfully swollen. Different symptoms relate to different sites of infection:

In the rectum - Painful inflammation (called 'proctitis') with blood or pus coming from the area. Shitting may be painful, constipation or painful abscesses/ulcers in the rectum may develop.

In the penis: discharge and swelling of the glands - so much that they might push through the skin and leak fluid.

In the mouth: swelling of the glands in the neck and armpits.

- **STAGE 3:** Over time the bacteria will cause inflammation, scarring and tissue damage that can have disastrous effects on the area around the genitals and inside the anus. Haemorrhoid-like growths can develop in the anus and tissue damage can narrow the rectum. The genitals can swell dramatically.

Testing and Treatment

LGV will show up as chlamydia in a penile or anal swab. However, because throat swabs for chlamydia are not standard it may be missed in the throat. If a test shows positive for chlamydia further tests will need to be done to confirm LGV. If treated before it gets to the third stage, LGV is quickly cured with antibiotics and leaves no lasting damage.

If You're HIV Positive

Having LGV makes it easier to pass on HIV because of the bleeding and skin damage LGV causes. It also puts you at higher risk of other STIs like syphilis and possibly Hepatitis C.

Prevention

Condoms reduce the chance of getting LGV, as does using latex gloves during fisting. If having sex with multiple partners, use a new condom or glove with each partner. Dildos and other sex toys should not be shared or should be covered with a condom that is changed with every new person they are used on or washed between partners. Washing your hands with soap and water immediately after sex can also help prevent infection.

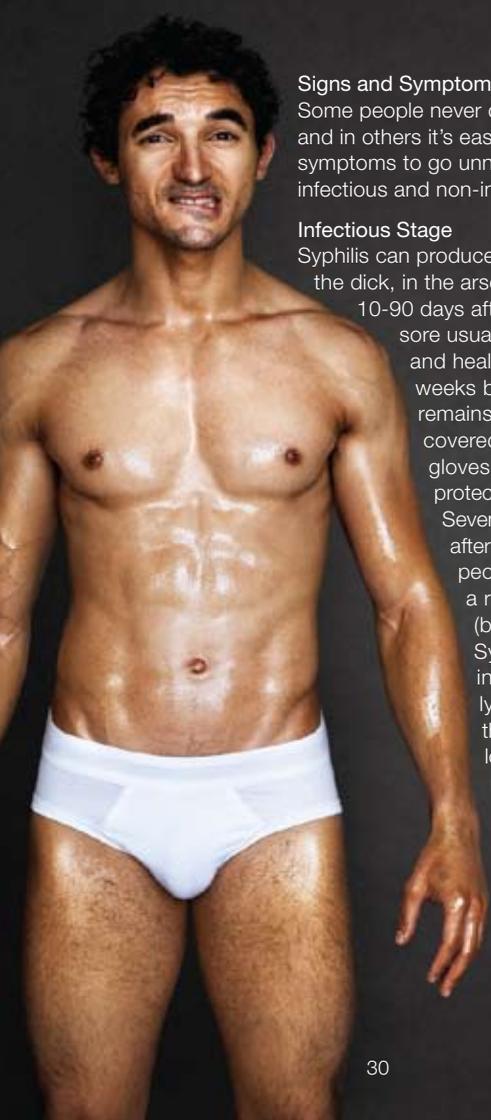
Syphilis

Syphilis is a bacterial infection that infects the dick, throat or arse, spreading to different parts of the body through the bloodstream.

Transmission

Giving or receiving anal or oral sex, arse play with an infected person or direct contact with sores or lesions can pass on syphilis. When there are no symptoms, the infection can be passed on through contact with infected body fluids, like cum.





Signs and Symptoms

Some people never develop symptoms and in others it's easy for the early symptoms to go unnoticed. Syphilis has infectious and non-infectious stages.

Infectious Stage

Syphilis can produce a painless sore on the dick, in the arse or in the mouth 10-90 days after infection. The sore usually turns into a scab and heals after two to six weeks but the infection remains. Only areas covered by condoms, gloves or dams are protected from infection. Seven to ten weeks after infection some people then develop a rash on the torso (body), hands or feet. Symptoms may also include fever, swollen lymph glands, sore throat, patchy hair loss, headaches, muscle aches and tiredness. The symptoms may last up to a few months and then disappear.

Non-infectious Syphilis

If left untreated, syphilis remains in the body. It stops being infectious to sexual partners after about 2 years. During the non-infectious stage syphilis may begin to damage the body's internal organs, which may include the brain, nerves, eyes, heart, liver, bones, joints and blood vessels. In some people this internal damage may not show up for years. Damage to internal organs can occur after 10 to 25 years and may be serious enough to cause death.

Testing and Treatment

If a sore (called a chancre) is present a swab can be taken of it, however, the usual test for syphilis is a blood test. It can take up to three months after exposure for the infection to show up in the blood test. Once someone has been infected with syphilis most future blood tests will show up as positive – even if they have been successfully treated. A particular test is used to identify a new infection, as well as to see if treatment has worked.

Syphilis is treated with injections of antibiotics. The duration of treatment depends on the stage of infection and ranges from between 1 and 30 days. Treatment is often provided if you have had contact with someone who has had syphilis to prevent it developing in you.

If You're HIV Positive

Co-infection with HIV and syphilis may result in the more rapid disease progression of both syphilis and HIV. There have also been cases of treatment failure in HIV-positive patients. For some, syphilis can decrease the CD4 count (therefore causing damage to the immune system) as well as increase the viral load. Having syphilis increases the risk of HIV transmission.

Prevention

Only areas covered by condoms, dams or gloves are protected from infection. Touching any sore or rash should be avoided.

Shigella and other Gut Infections

Gut infections are caused by bacteria (such as shigella, giardia, salmonella and amoebas).

Transmission

Gut infections can be passed on sexually or otherwise through food and water. Transmission can occur when small amounts of infected shit get into the mouth from fingers, rimming, fucking, scat, or handling used dildos.

Signs and Symptoms

Symptoms can include diarrhoea, stomach cramps, farting, nausea and fever. These can show up within several hours of exposure.

Treatment

Antibiotics may be used to treat gut infections. Fluid intake needs to be carefully monitored as dehydration can easily occur.

If You're HIV Positive

Some gut infections can be particularly severe for HIV positive people particularly if they are immunosuppressed. Nausea and vomiting may also lead to problems with compliance with antiretroviral medication.

Prevention

To avoid gut infections, use gloves for arse play and place a dam over the arse for rimming. Wash your hands after handling used condoms, toys or after having sex involving arse play.

Non-Specific Urethritis (NSU)

Non-specific urethritis (NSU) is inflammation of the urethra.

Transmission

NSU can be caused by an infection, which is passed on by sexual contact such as fucking without condoms or by oral sex. NSU can also be the result of damage to the urethra (which could be the result of extended or rigorous sexual activity).

Signs or Symptoms

When caused by an infection, symptoms include pain when you urinate or cum and a white or yellow discharge from you cock. The glands in your groin may also be inflamed or tender. Symptoms can take between one and three weeks to appear.

Testing and Treatment

NSU is diagnosed by urine sample or a urethral swab, in conjunction with a genital examination by a medical practitioner.

NSU is treated with a course of antibiotics. Once you have finished the treatment you will need to be tested to check if you have been cured. If left untreated NSU can lead to inflammation of the prostate gland (prostatitis), inflammation of the balls and infertility.

Prevention

Using condoms and water-based lube can reduce the risk of transmitting the infections that cause NSU.

CLINICS AND CONTACTS

You can get a sexual health check-up from your GP or at a sexual health clinic.

Sexual health clinics offer confidential STI (including HIV) testing, treatment and information. Specialist medical, nursing, counselling and interpreter services are also available. Public sexual health clinics are free, you don't need your Medicare card, and you can be anonymous if you wish. The list of clinics below contains both public and private sexual health clinics. Free condoms and lube are also available, along with needle and syringe programs.

A list of the public sexual health clinics in Australia is available on the Australasian Chapter of Sexual Health Medicine of www.racp.edu.au

For a full list of sexual health clinics, including those outside metropolitan areas, go to the Clinics section of www.thedramadownunder.info

AUSTRALIAN CAPITAL TERRITORY

Canberra Sexual Health Centre
The Canberra Hospital
Gillmore Crescent
Garran ACT 2605
Phone: (02) 9244 2184

AIDS Action Council
of the ACT
Phone: (02) 6257 2855

NEW SOUTH WALES

Sydney/metropolitan area:

Camperdown

RPA Sexual Health Clinic
Ground Floor, Page Building
(Building no.14)
RPA Hospital, Missenden Rd,
Camperdown
Phone: (02) 9515 3131

Darlinghurst

Kirketon Road Centre
Above Darlinghurst Fire
Station
Victoria Street (entrance)
Darlinghurst NSW 2010
Phone: (02) 9360 2766

Kogarah

Short St Sexual Health Clinic
Short St, St George Hospital
Campus Kogarah
Phone: (02) 9113 2742

Liverpool

Liverpool Sexual Health Clinic
Bigge Park Centre
Elizabeth & Bigge Streets
Liverpool NSW 2170
Phone: (02) 9827 8022

Manly

Manly Sexual Health Service
8/18 Whistler Street
(entrance in Market Place)
Manly NSW 2095
Phone: (02) 9977 3288

Mt Druitt

Mt Druitt Sexual Health Clinic
Kelly Close
Mt. Druitt NSW 2770
Phone: (02) 9881 1206

Parramatta

Parramatta Sexual Health
Clinic
Jeffrey House
162 Marsden Street
Phone: (02) 9843 3124
Parramatta NSW 2150

St Leonards

Clinic 16
Royal North Shore Hospital
Block 3, Herbert Street
St Leonards NSW 2065
Phone: (02) 9926 7414

Sutherland Shire

Caringbah Sexual Health
Clinic
The Sutherland Hospital
430 Kingsway
Caringbah 2229
Phone: (02) 9522 1000

Surry Hills

Albion Street Centre
150-154 Albion Street
Surry Hills NSW 2010
Phone: (02) 9332 9600

Sydney

Sydney Sexual Health Centre
Sydney Hospital
Macquarie Street
Sydney NSW 2000
Phone: (02) 9382 7440

NORTHERN TERRITORY

Alice Springs

Clinic 34, Sexual Health Unit
Centre for Disease Control
Gap Road
Alice Springs NT 0871
Phone: (08) 8951 7549

Darwin

Clinic 34
87 Mitchell Street
Darwin NT 0800
Phone: (08) 8999 2678

Katherine

Clinic 34
Centre for Disease Control
O'Keefe House,
Katherine Hospital
Katherine NT 0851
Ph: (08) 8973 9049

Nhulunbuy

Centre for Disease Control
Cnr Chesterfield &
Matthew Flinders Way
Nhulunbuy NT 0881
Phone: (08) 8987 0358

Tennant Creek

Clinic 34
Health Development
Cnr Schmidt &
Windley Streets
Tennant Creek NT 0860
Phone: (08) 8962 4250

QUEENSLAND

Brisbane/metropolitan area:

Brisbane

Brisbane Sexual Health Clinic
Level 1, 270 Roma Street
Brisbane QLD 4000
Phone: (07) 3837 5611

AIDS Medical Unit
Level 2, 270 Roma Street
Brisbane QLD 4000
Phone: (07) 3837 5622

Redcliffe

Redcliffe Sexual Health
Redcliffe Community
Health Centre
181 Anzac Ave
Kippa Ring QLD 4021
Phone: (07) 3897 6300

Woolloongabba

Sexual Health
Princess Alexandra Hospital
Ipswich Road
Woolloongabba QLD 4102
Phone: (07) 3240 5881

SOUTH AUSTRALIA

Adelaide

Clinic 275
275 North Terrace
Adelaide SA 5000
Phone: (08) 8222 5075

The Second Story Youth
Health Service
(under 26)

Central
57 Hyde Street
Adelaide SA 5000
Phone: (08) 8232 0233

North
6 Gillingham Rd
Elizabeth SA 5112
Phone: (08) 8255 3477

South
50A Beach Rd
Christies Beach SA 5165
Phone: (08) 8326 6053

West
51 Bower Street
Woodville SA 5011
Phone: (08) 8268 1225

SHine SA

East/West team
GP Plus Health Care Centre
64c Woodville Road
Woodville SA 5011
Phone: (08) 8300 5300

Northern team
43 Peachey Road
Davoren Park SA 5113
Phone: (08) 8252 7955

Southern team
Woodcroft Community
Centre
175 Bains Road
Morphett Vale SA 5162
Phone: (08) 8325 8164

TASMANIA

Burnie

Sexual Health Service
11 Jones Street
Burnie TAS 7310
Phone: (03) 6434 6315

Devonport

Sexual Health Service
Level 1, Room 18
23 Steele Street
Devonport TAS 7310
Phone: (03) 6421 7759

Hobart

Sexual Health Service
60 Collins Street
Hobart TAS 7000
Phone: (03) 6233 3557

Launceston

Sexual Health Service
42 Canning Street
Launceston TAS 7250
Phone: (03) 6336 2216

VICTORIA

Melbourne/metropolitan area:

Box Hill

Family Planning Victoria
Box Hill Clinic
901 Whitehorse Road
Box Hill Vic 3128
Phone: (03) 9257 0100

Carlton

Melbourne Sexual Health Centre
580 Swanston Street
Carlton VIC 3053
Phone: (03) 9341 6200

Parkville

Communicable Diseases Clinic
Cnr Flemington Rd & Grattan St
Parkville VIC 3052
Phone: (03) 9344 2183

Frankston

Sexual Health Clinic
Frankston Hospital
Hastings Road
Frankston VIC 3199
Phone: (03) 9784 7650

Melbourne

Family Planning Victoria
Action Centre Clinic
(under 25s)
Level 1, 94 Elizabeth St
Melbourne Vic 3000
Phone: (03) 9654 4766

Middle Park

Middle Park Clinic
41 Armstrong Street
Middle Park VIC 3206
Phone: (03) 9699 4626

Northcote

Centre Clinic Northcote
42 Separation Street
Northcote VIC 3070
Phone: (03) 9481 7155

North Fitzroy

Northside Clinic
370 St Georges Road
North Fitzroy VIC 3068
Phone: (03) 9485 7700

Prahran

Victorian HIV Service & I.D. Clinic
Alfred Hospital
Prahran 3181
Phone: (03) 9276 6081

Prahran Market Clinic (PMC)
Pran Central, Mezzanine Floor
Cnr Chapel St & Commercial Road
Prahran VIC 3141
Phone: (03) 9514 0888

St Kilda

Centre Clinic St Kilda
(Rear of) 77 Fitzroy Street
St Kilda VIC 3182
Phone: (03) 9525 5866

WESTERN AUSTRALIA

Perth

Sexual Health Clinic
Royal Perth Hospital
Level 4, Ainslie House
48 Murray Street
Perth WA 6001
Phone: (08) 9224 2178

Family Planning
Sexual Health Services
70 Roe Street
Northbridge WA 6003
Phone: (08) 9227 2178

Subiaco

Sexual Health Clinic
King Edward Memorial Hospital
Bagot Road
Subiaco WA 6008
Phone: (08) 9340 1383

Fremantle

Sexual Health Service (B2 Clinic)
Fremantle Hospital
Alma Street
Fremantle WA 6160
Phone: (08) 9431 2149

Mainly Men Clinic
Quarry Health Centre
(Wednesday pm)
7 Quarry Street
Fremantle WA 6160
Phone: (08) 9430 4544

Quarry Health Centre
(For under 25's)
7 Quarry Street
Fremantle WA 6160
Phone: (08) 9430 4544

CONTACTS

AUSTRALIAN CAPITAL TERRITORY

AIDS Action Council of the ACT
www.aidsaction.org.au
Phone: (02) 6257 2855

PLWHA ACT
www.aidsaction.org.au/
plwha/
Phone: (02) 6257 2855

NEW SOUTH WALES

ACON
www.acon.org.au
Sydney: (02) 9206 2000
Northern Rivers:
(02) 6622 1555
Hunter: (02) 4927 6808
Illawarra: (02) 4226 1163

Positive Living Centre:
(02) 9699 8756

Positive Life NSW
www.positivelife.org.au
Phone: (02) 9361 6011

NORTHERN TERRITORY

Northern Territory AIDS and Hepatitis C Council
www.ntahc.org.au
Darwin: (08) 8941 1711
Palmerston: (08) 8931 3676
Alice Springs: (08) 8953 3172

QUEENSLAND

Queensland Association for Healthy Communities
www.qahc.org.au
Brisbane: (07) 3017 1777
Sunshine Coast:
(07) 5451 1118
Cairns: (07) 4041 5451

Queensland Positive People
www.qpp.net.au
Phone: 07 3013 5555

SOUTH AUSTRALIA

AIDS Council of South Australia
www.acsa.org.au
Phone: (08) 8334 1611

PLWHA SA
www.hivsa.org.au
Phone: (08) 8293 3700

TASMANIA

Tasmanian Council on AIDS, Hepatitis & Related Diseases
www.tascahrd.org.au
Phone: (03) 6234 1242

VICTORIA

Victorian AIDS Council/Gay Men's Health Centre
www.vicaids.asn.au
Phone: (03) 9865 6700

Positive Living Centre:
(03) 9863 0444

PLWHA Victoria
www.plwhavictoria.org.au
Phone:
(03) 98656772

WESTERN AUSTRALIA

WA AIDS Council
www.waids.com
Phone:
(08) 9482 0000



Content in this booklet based on *Last Night I picked Up Someone... And Something!* Second edition, STIGMA (Sexually Transmissible Infections in Gay Men Action Group) 2008, and reproduced with permission 2009.



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Australian Federation of AIDS Organisations
www.afao.org.au

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