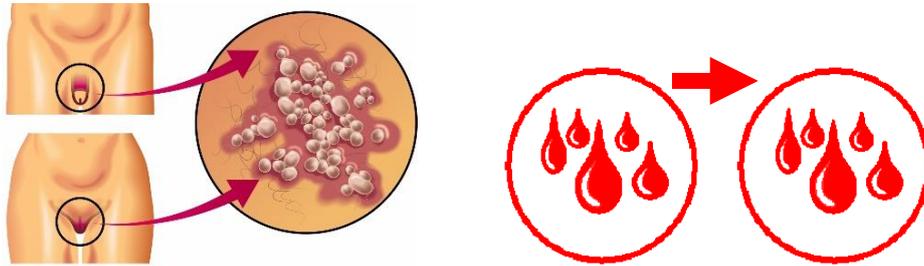


EASY ENGLISH

STIs and BBVs



The facts

**Sexual
Health
Victoria**

Care
Education
Advocacy



The things in this factsheet are for lots of different people.



For information just about



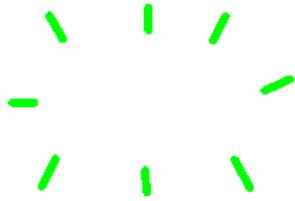
- you
- your needs



talk to a



- Doctor or Nurse



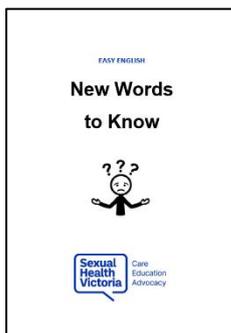
New words



There may be words in this factsheet

- that are new to you and
- you may **not** know what they mean
- or
- you may be unsure what they mean.

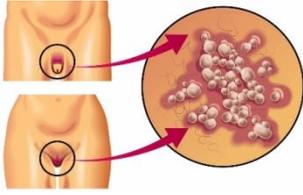
We will make them **blue** the first time we use them.



Read about them in the

Sexual Health Victoria Fact Sheet

New Words to Know.



STIs

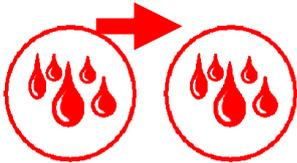
STIs are Sexually Transmissible Infections.

Some people say

- Sex Germs

or

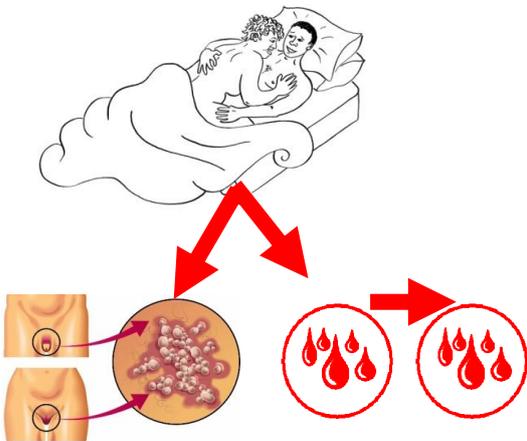
- Sexually Transmitted Disease.



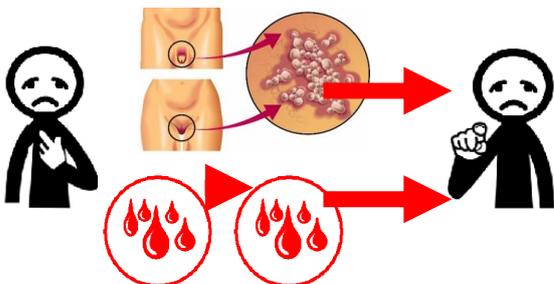
BBV

A BBV is a Blood Borne Virus.

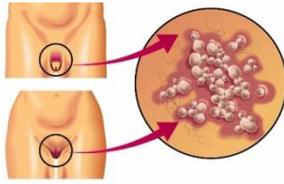
You can get an STI or BBV when you have sex.



but



Your partner must have it for **you** to get it.

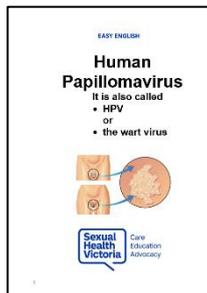


STIs

There are lots of different STIs.

Some of them are

- Herpes
- HPV
- Syphilis
- Chlamydia
- Gonorrhoea

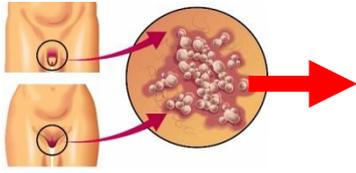


Read about **HPV** in the Sexual Health Victoria Fact Sheet

Human Papillomavirus.

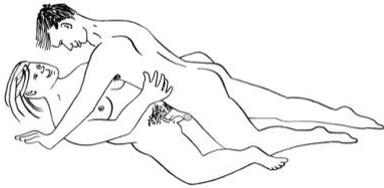


How do you get an STI?



It goes from someone who already has an STI to **you**.

You get them by



- vaginal sex. Some people say
 - sex
 - or**
 - intercourse



- oral sex

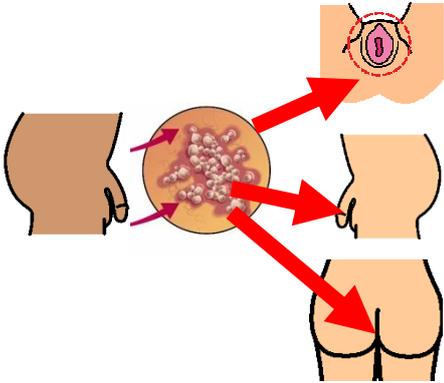


- anal sex.

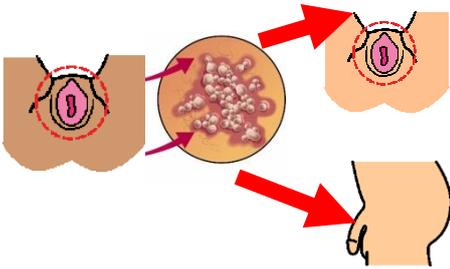


Read more about **sex** in the Sexual Health Victoria Fact Sheet **What is Sex?**

You can also get some STIs from skin to skin touch. Like



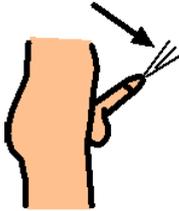
- a **penis** that has an STI touches
 - a **vulva** that does **not** have an STI
 - another penis that does **not** have an STI
 - an **anus** that does **not** have an STI
 - a mouth that does **not** have an STI



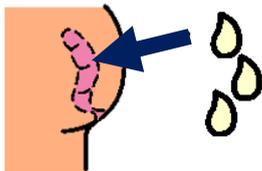
- a vulva that has an STI touches a
 - vulva that does **not** have an STI
 - penis that does **not** have an STI
 - a mouth that does **not** have an STI



You can also get some STIs from touching **fluid** from the person with the STI. Fluids can be

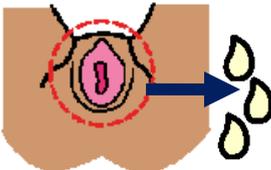


- **semen**. A person has sperm in their semen.



- mucous from an anus

This is called **rectal mucous**



- from a vagina.

These are called **vaginal mucous**.



These fluids can also be shared by using the same sex toy

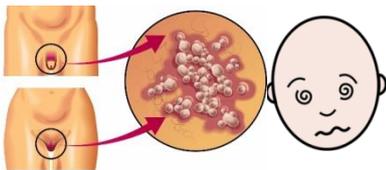


Do you have an STI?



You may **not** feel sick

but



STIs can make you sick.

You must get the right treatment.



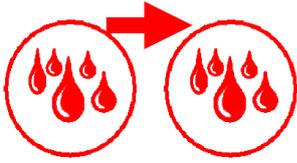
Talk to your doctor or nurse about

- the sex you have
- the tests for STIs.



Read more about **tests** in the
Sexual Health Victoria Fact Sheet

Get a Test for STIs and BBVs.

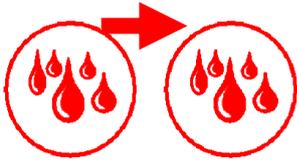


BBVs

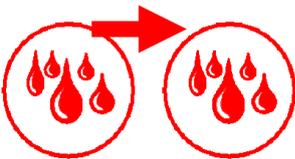
BBVs are **viruses**.

Some BBVs are

- HIV
- Hepatitis B.



How do you get a BBV?



It goes from someone who has a BBV to you.

You get it when

- their blood mixes with your blood
- their fluid mixes with your fluid. Like semen and vaginal fluid mix together.



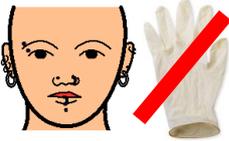
You can also get it when



- tattoo work is done in an unsafe way
- body piercing is done in an unsafe way

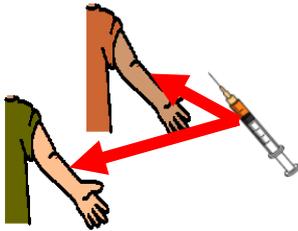
It means the worker may have

- a dirty work space
- dirty instruments.



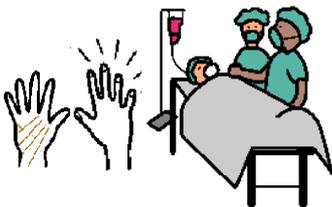
Instruments are the workers tools.

You can also get a BBV when



- you share drug needles

- if you have surgery that is done in an unsafe way.



It means the room or instruments are **not** clean.

Some people say it is **not** sterile.

?



When should you have a check up for STIs and BBVs?



At least 1 time every year.

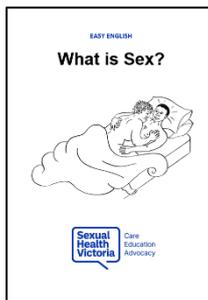


The doctor or nurse will ask you



- what types of sex you are having
- and
- how many people you are having sex with.

?



Read about **types of sex** in the Sexual Health Victoria Fact Sheet

What is sex?



You also need to get a test when you

- think you have an STI or BBV



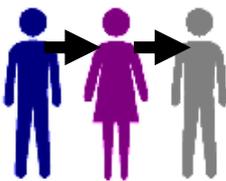
- have had sex with someone who tells you they have a STI or BBV



- did **not** use a condom

or

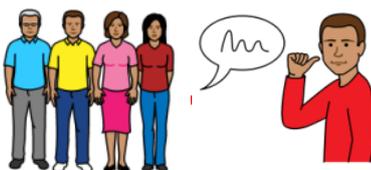
- the condom broke when you had sex.



- have a new partner

- have more than 1 partner in a year

- think your partner is having sex with someone else



- hear from other people that an old partner has an STI or BBV.



How to protect from STIs and BBVs

Any time you have sex there is a chance you may get an STI or BBV.



To reduce the chance



- use a condom every time you have sex

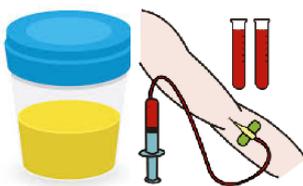
- try **not** to mix blood or other fluids

- try to have only 1 partner at a time.

This means try **not** to have lots of partners at the same time

and

- get tested every year or when you get a new partner.





Want more information?



Talk to your doctor or nurse



Contact Sexual Health Victoria



Phone 03 9257 0100

Freecall 1800 013 952



Email clinic@fpv.org.au



Call Melbourne Sexual Health Centre

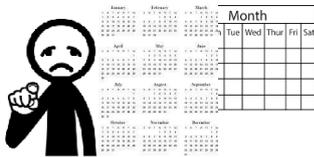
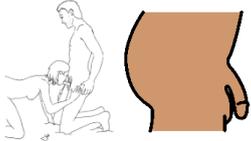


Phone 9341 6200



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This information is based on the Sexual Health Victoria Fact Sheet **What are STIs & BBVs?** Reviewed August 2018.



Access
Easy English

Reviewed by Sexual Health Victoria March 2023.

Original Easy English written by Access Easy English. May 2018.

