

Teacher Reference Sheet

Sexually Transmissible Infections (STIs) spread predominantly by sexual contact, including vaginal, anal and oral sex. Some STIs can also be spread through non-sexual means such as via blood or blood products. They fall in to 3 main categories:

- **Viral-** Once a person has a virus they live with the virus for their lives and manage any symptoms the virus presents.
- **Bacterial-** If untreated, bacterial STIs can cause damage to a person's fertility and general health. Once diagnosed, bacterial infections can be treated with antibiotics.
- **Parasites-** Tiny organisms which can be passed to another person through intimate contact. Medication is available for treatment.

Here are some common examples of STIs:

Name:	Herpes Simplex Virus-HSV
What is it:	Virus
Symptoms:	Often no symptoms. Tingling, itchy pimples or blisters. Can reoccur at times of stress
How to test:	Blood test
Treatment	Anti-herpetic medication, to manage it. No drug to cure it

Name:	Human Papilloma Virus-HPV
What is it:	Virus
Symptoms:	Can cause warts, though can carry virus without presenting with warts. 200 types of HPV (2 are associated with 80% of cervical cancer in Australia)
How to test:	Clinical diagnosis Pap smear for cervical changes associated with cervical cancer. This is not an STI check
Treatment	Remove warts

Name:	HIV
What is it:	Virus which attacks the immune system
Symptoms:	Shortly after infection, flu-like symptoms may occur, though many have no symptoms for years
How to test:	Blood test
Treatment	Treatments are available to improve the length and quality of life

Name:	Chlamydia
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Handshake activity

What is it:	Bacteria which lives in urethra, cervix, rectum and throat
Symptoms:	Women: 70-90% show no symptoms Men: 50% show no symptoms
How to test:	Urine sample
Treatment	Antibiotics

Name:	Gonorrhoea
What is it:	Bacteria
Symptoms:	Not always symptomatic
How to test:	Blood test
Treatment	Antibiotics

Name:	Syphilis
What is it:	Bacteria
Symptoms:	Not always symptomatic
How to test:	Blood test
Treatment	Antibiotics

Name:	Trichomoniasis
What is it:	Parasite
Symptoms:	Not always symptomatic. Possibly causes itching or discharge in genitals.
How to test:	Urine or swab sample
Treatment	Antibiotics

This information was correct on publication. Any changes to information or practice will be posted on the Sexual Health Victoria website at www.shvic.org.au.