

## Am I at risk?

- I have had UNSAFE sex (without a condom, condom not used properly, condom fell off)
- I have a new partner or many partners
- I have discharge, pain or sores in private parts
- I was named as a contact of someone else with an STI
- I can't remember if I had UNSAFE sex (eg if I was drunk)
- my partner or I have ever injected drugs
- I have had contact with someone else's blood (eg getting a tattoo, fighting).

If you said **YES** even once,  
or are thinking of having a baby...

**Get an STI CHECK!**

### Condoms Stop STIs from Spreading



- Check date and seal of the packet – old condoms break



- Open the packet carefully (don't use teeth)



- Roll on when the penis is hard



- Pinch the tip so air doesn't get trapped as you roll down



- Put on some water-based lubricant

- Hold the condom on your penis when you pull out, so semen (cum) doesn't spill out

- Throw the condom in the bin – not down the toilet.

## Where to get help

See your local health clinic or doctor

Call the **Sexual Health Helpline**

08 9227 6178 (metro)

1800 198 205 (country – free call)

For more information on STIs and HIV,  
visit [www.population.health.wa.gov.au](http://www.population.health.wa.gov.au)

Clinic or surgery stamp here:



**Department of Health**  
Government of Western Australia

Published by the  
Sexual Health and Blood-borne Virus Program, Population Health Division

© Department of Health 2004 HP 1842

Thank you to Apunipima Cape York Health Council, the Northern Indigenous Sexual Health Workers Reference Group, Queensland Health, Clinic 34 Alice Springs, and Northern Territory Health for permission to use text from their resources for this pamphlet.

# Herpes



*Duality* by Deborah Bonar

**Our Communities  
Our Responsibility**

# What is an STI?

Sexually Transmitted Infections (STIs) are caused by germs getting inside you when you have sex with someone who has the infection. Anyone who has vaginal, anal (bum) or oral (mouth) sex without a condom can get an STI.

***You can get private help and treatment if you have an STI.***

## Herpes

(say her-pees)

**Herpes** is an STI that causes sores on or around the sex parts, mouth or face.

Herpes sores usually start off as a blister and then become painful, open sores. The sores form a scab and go away by themselves in one or two weeks, but the virus stays in the body and the sores can come back.

Some people only get sores once but others get herpes sores again and again.

It can take a long time for herpes sores to show up in the body. Some people get sores straight away, but other people take years to get sores. That makes it difficult to tell who you got herpes from.

Lots of people never know that they have herpes but can still pass it on to others. Herpes can spread from the mouth to the sex parts from oral sex.

***You can't tell if you or another person has herpes just by looking.***



## Herpes in pregnancy

Herpes can make your baby very sick. If a pregnant woman has herpes, or if her partner has herpes, she should go to the clinic for a check up.

If she has herpes sores when she is ready to have the baby, it may need to be born by operation (Caesarean).

***Pregnant women need to get a check.***

## What if I have it?

If you have sores on your sex parts, go to the clinic for a check up for herpes or another STI.

If you get herpes it will stay in your body, even when there are no sores.

***There is no cure for herpes.***

If you are getting a lot of sores you can have medicine to stop the sores from coming back. Or if the sores are very painful, there is medicine to help them heal faster.

If you have a sore, you are more likely to catch other STIs and HIV, the virus (germ) that causes HIV/AIDS.

## People you've had sex with

If you have an STI, it is important to let your sex partner(s) know.

If you want, the clinic can do it for you without telling anyone your name.

***If you or your sex partners are not treated, you might get that STI again!***

## How do I stop herpes?

- Have an STI check if you are at risk (**Am I at risk?** See other side).
- Don't have sex when there are sores on the sex parts.
- Don't have oral sex when there are sores on the mouth.
- Safe Sex – use condoms and lube **every time you have sex.** Condoms will help protect you from herpes **if the condom stops skin-to-skin contact** with the herpes sore. But **if the sore isn't covered** by the condom, herpes can still be passed on.
- Stay with one partner.
- Have regular men's and women's health checks.

***If you have the herpes virus, you can pass it on even when there are no sores on your skin.***