



BE AWARE AND BE AWARE

Québec



You're probably familiar with AIDS, the best

known STD the world over.

Do you know which STDs occur the most frequently in Québec? The answer

is genital warts and chlamydia.

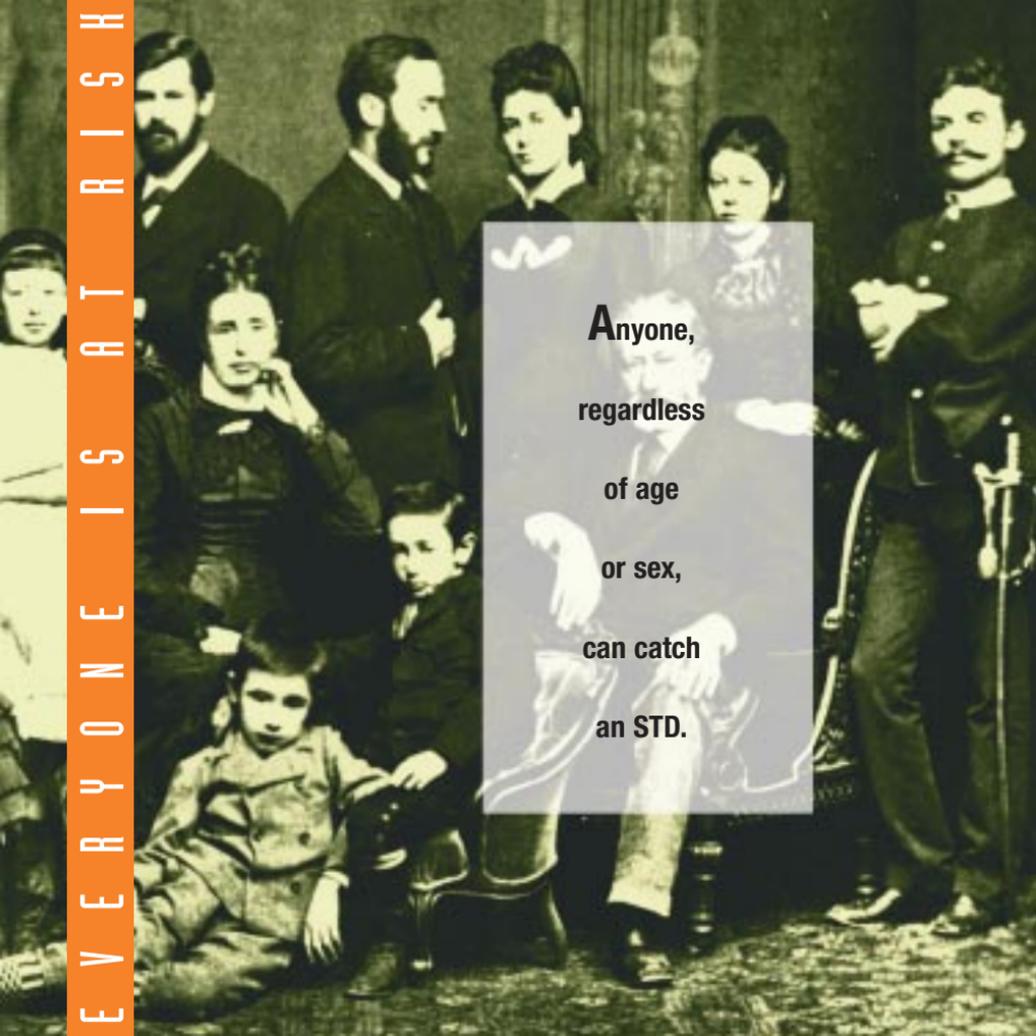


Other sexually transmitted diseases such as gonorrhea, hepatitis B, genital

herpes, crab-lice, scabies, trichomonas and syphilis occur in Québec,

although all of them can be prevented.

EVERYONE IS AT RISK



**Anyone,
regardless
of age
or sex,
can catch
an STD.**



The diseases are transmitted primarily during unprotected sex with an infected partner, who may not be aware that he or she is infected. Babies can also contract sexually transmitted diseases. A mother can transmit the disease to her baby during pregnancy or at the time of birth.

HOW ARE THEY TRANSMITTED?

During unprotected sex with an infected partner.

STD

All STDs

Through direct sexual or non-sexual contact with the lesions of an infected person.

Crab-lice and scabies can also be caught from contact with contaminated sheets, towels and clothing.

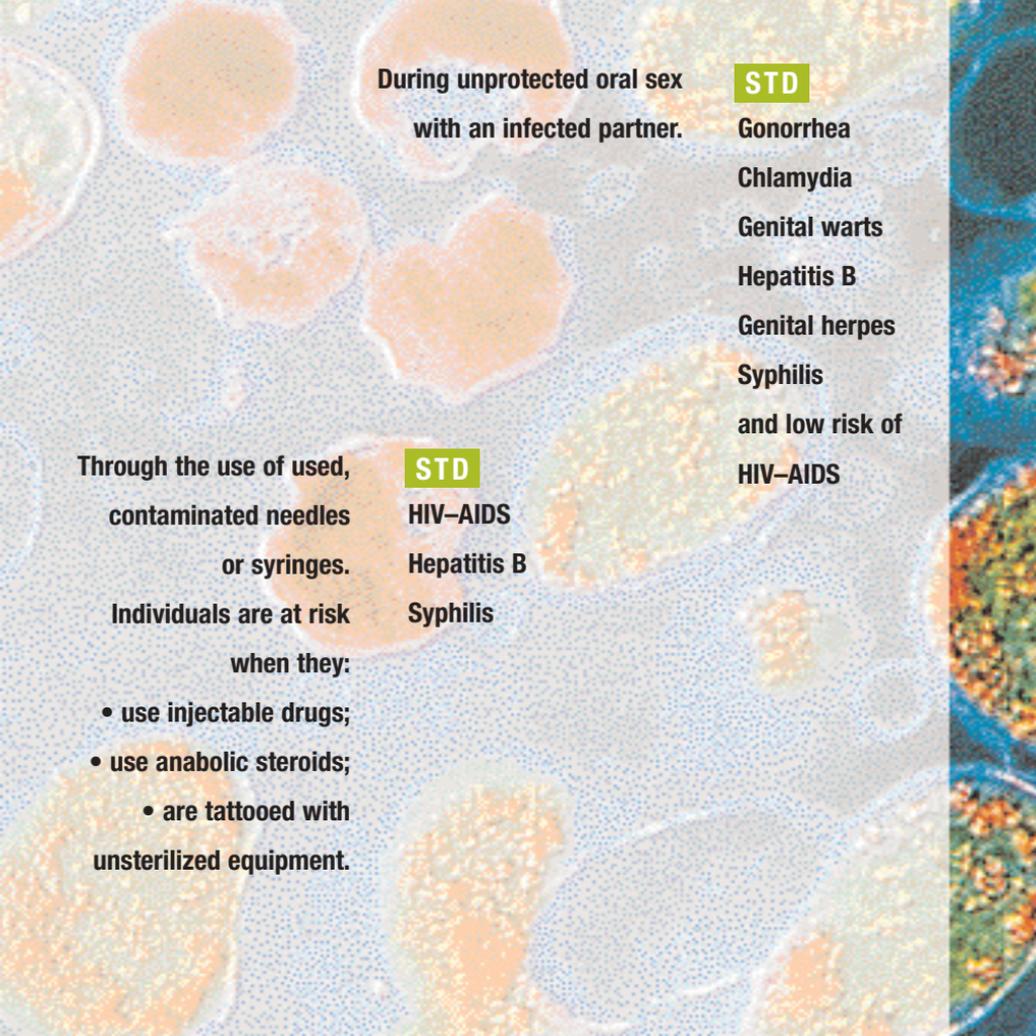
STD

Genital herpes

Syphilis

Crab-lice

Scabies



**During unprotected oral sex
with an infected partner.**

STD

**Gonorrhea
Chlamydia
Genital warts
Hepatitis B
Genital herpes
Syphilis
and low risk of
HIV-AIDS**

**Through the use of used,
contaminated needles
or syringes.
Individuals are at risk
when they:**

STD

**HIV-AIDS
Hepatitis B
Syphilis**

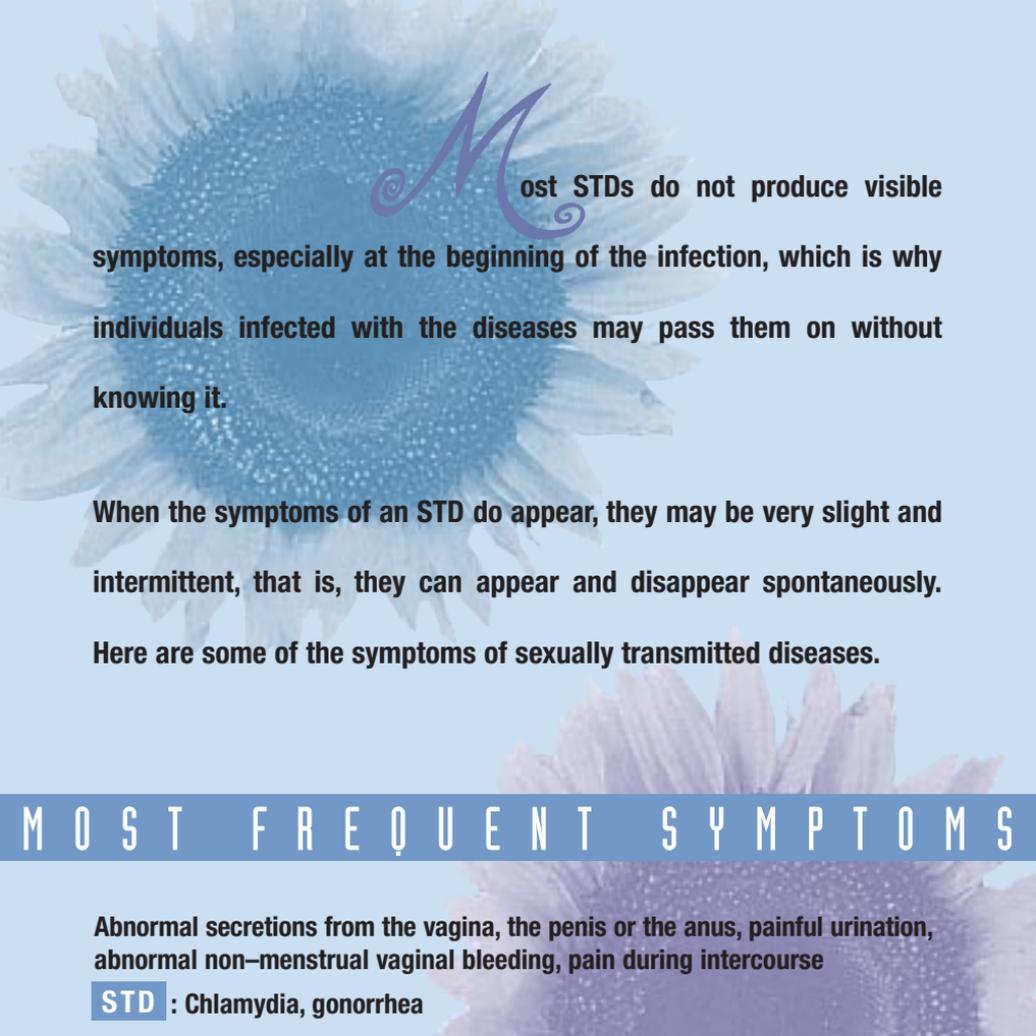
- **use injectable drugs;**
- **use anabolic steroids;**
 - **are tattooed with
unsterilized equipment.**

A vast field of sunflowers stretching to the horizon under a clear sky. The sunflowers are in full bloom, with bright yellow petals and dark brown centers. The field is densely packed, and the perspective is from a low angle, looking across the field towards the horizon. A blue horizontal band with white text is overlaid across the middle of the image.

FEW SYMPTOMS OR NO SYMPTOMS AT ALL

Remember that it is impossible to recognize a person who is infected with an STD on the basis of appearance alone, even if you know the person well.





Most STDs do not produce visible symptoms, especially at the beginning of the infection, which is why individuals infected with the diseases may pass them on without knowing it.

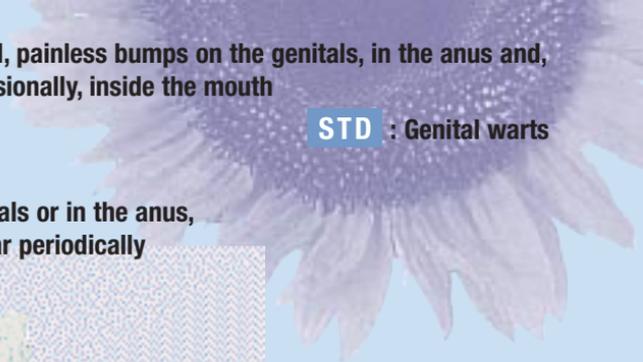
When the symptoms of an STD do appear, they may be very slight and intermittent, that is, they can appear and disappear spontaneously.

Here are some of the symptoms of sexually transmitted diseases.

M O S T F R E Q U E N T S Y M P T O M S

Abnormal secretions from the vagina, the penis or the anus, painful urination, abnormal non-menstrual vaginal bleeding, pain during intercourse

STD : Chlamydia, gonorrhea



Small, painless bumps on the genitals, in the anus and, occasionally, inside the mouth

STD : Genital warts

Painful lesions on the genitals or in the anus, which appear and disappear periodically

STD : Genital herpes

Jaundice, dark urine, pale stools, nausea, fatigue

STD : Hepatitis B

Abnormal, unpleasant smelling vaginal secretions, occasionally accompanied by itching

STD : Trichomonas

One or more painless ulcers on the genitals, in the anus or inside the mouth, which disappear spontaneously, even without treatment. Blotches may subsequently appear on the body. When they disappear, the infection is still present in the body.

STD : Syphilis

Itching

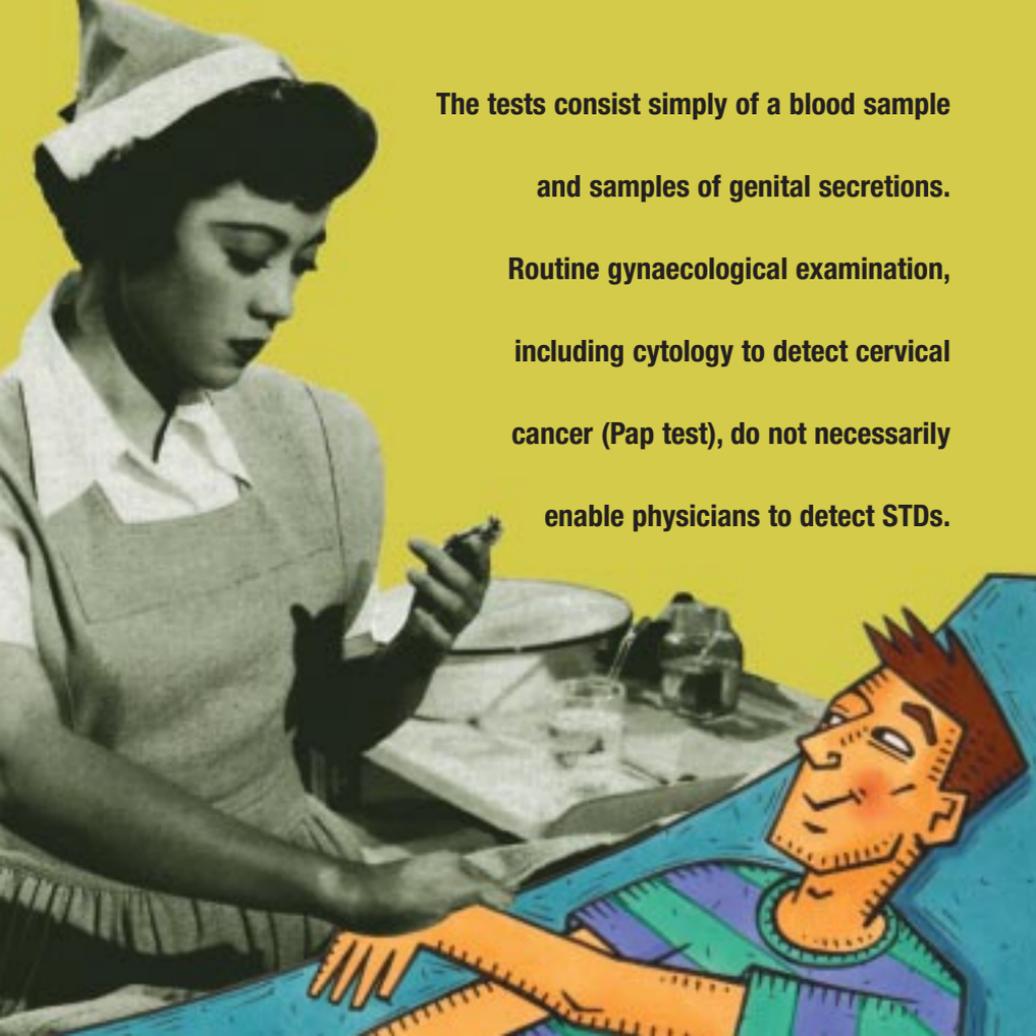
STD : Crab-lice, scabies

SIMPLE SCREENING TESTS



To find out whether you have an STD, you should see your doctor or go to a CLSC to get an STD screening test.





**The tests consist simply of a blood sample
and samples of genital secretions.
Routine gynaecological examination,
including cytology to detect cervical
cancer (Pap test), do not necessarily
enable physicians to detect STDs.**

IT IS IMPORTANT TO SEEK TREATMENT



A

number of STDs

can be treated with drugs,

some of which are free.

Ask your doctor for

more information.

**Failure to detect
and treat certain sexually
transmitted diseases
can lead to serious
complications.**



Complications

- Persistent abdominal pains
- Sterility
- Ectopic pregnancy (outside the uterus)

STD:

Gonorrhea
Chlamydia

- Cervical cancer and, more rarely, penile or anal cancer

STD:

Genital warts

- Cirrhosis of the liver or liver cancer

STD:

Hépatitis B*

- Serious cerebral or cardiac disorders

STD:

Syphilis

- Weakening of the immune system, which leads to the development of certain illnesses and, ultimately, to death

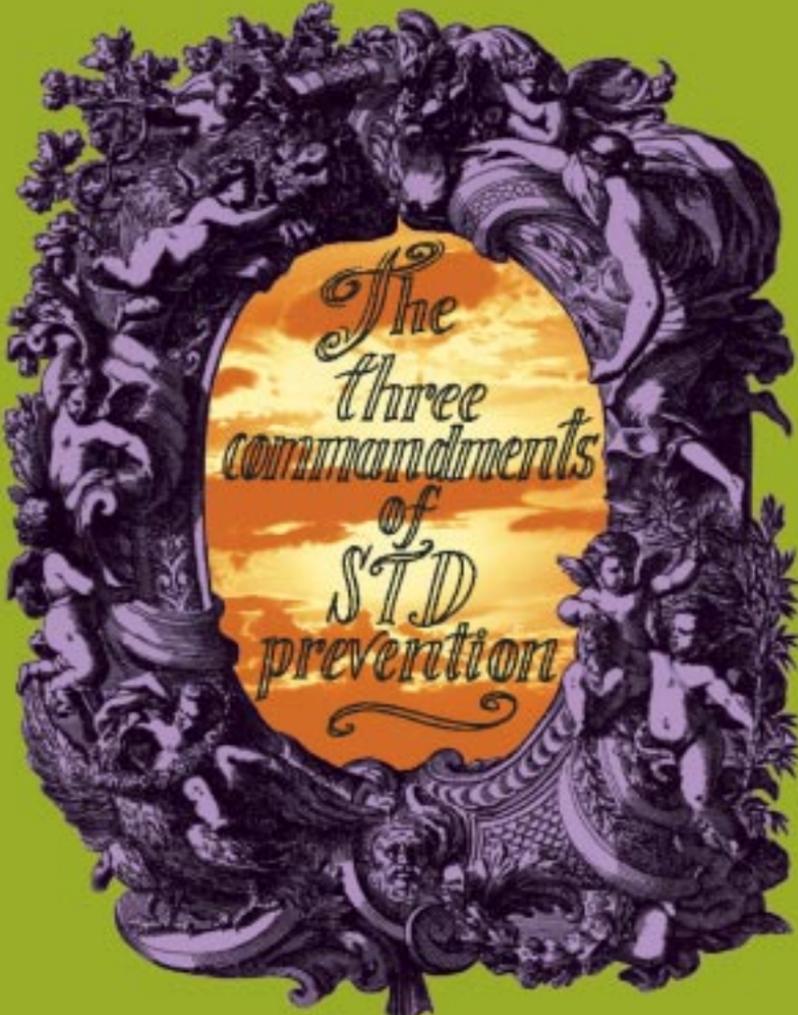
STD:

HIV-AIDS



Most STDs can be caught more than once, even when an individual has been treated for one or more of the diseases. For this reason, it is very important to protect yourself and inform your sexual partners and people with whom you have shared needles so that they, too, seek treatment. Such people are often infected without knowing it and can then retransmit the STD to you or to other people. Without treatment, they will suffer from and cause others to suffer from the complications mentioned earlier.



The image features a highly detailed, classical-style wreath. The wreath is composed of numerous small, nude figures in various poses, intertwined with dense foliage and architectural elements. The figures appear to be cherubs or putti, some holding objects or interacting with the plants. The overall style is reminiscent of 19th-century decorative arts or book ornamentation. In the center of the wreath is a vertical oval containing a sunset or sunrise scene with a bright orange and yellow sky. Overlaid on this scene is the text:

*The
three
commandments
of
STD
prevention*

A large, stylized, black letter 'A' with a decorative, hatched texture, positioned at the start of the first paragraph.

Always use a latex condom when you engage in sexual relations. If you want to stop using a condom with your regular partner, you must both pass STD screening tests and wait until the physician assures you that neither of you is infected with such a disease. However, always use a condom if you have sexual relations with other partners.

A large, stylized, black letter 'B' with a decorative, hatched texture, positioned at the start of the second paragraph.

Be especially careful when you consume alcohol or take drugs, as you may forget to use a condom or be inclined to share needles to inject drugs.

A large, stylized, black letter 'A' with a decorative, hatched texture, positioned at the start of the third paragraph.

Avoid taking drugs, in particular injectable drugs. If you do use drugs, never re-use needles*.

* New needles are available wherever this symbol is displayed:



Ideally, you should always carry one or two condoms with you, that is, you should make sure you have a condom available if you plan to engage in sexual relations. For example, put the condom plainly in view at the start so that you are less likely to forget it, and to ensure that your choice is respected.



Before penetration occurs:



pen the package carefully with your fingers;

Place the condom on the tip of penis **and pinch the end of the condom** to squeeze out any air as you unroll it toward the base of the penis;



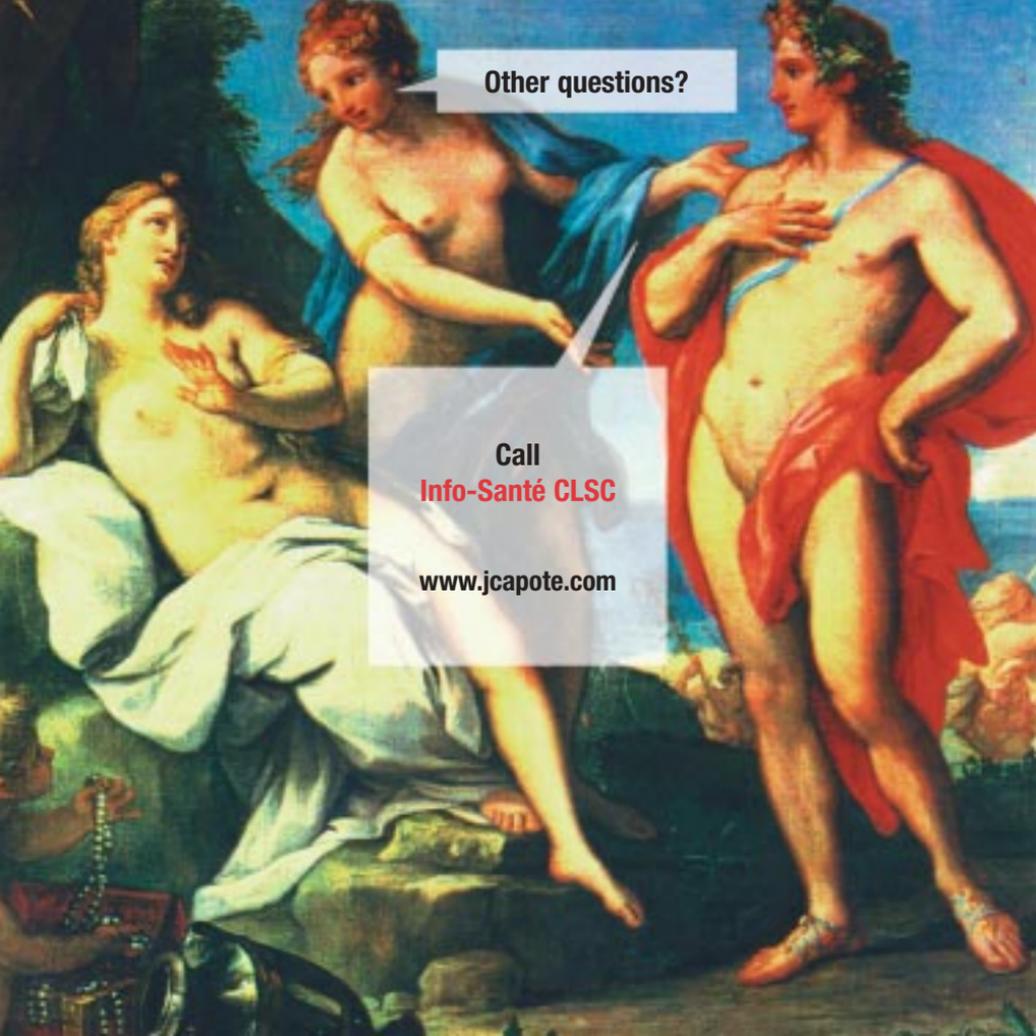
se a water-based lubricant such as K-Y Jelly or Lubafax, **but never use Vaseline**;



After ejaculation and before the erection is lost, withdraw the penis while **firmly holding the base of the condom to prevent sperm from escaping**;



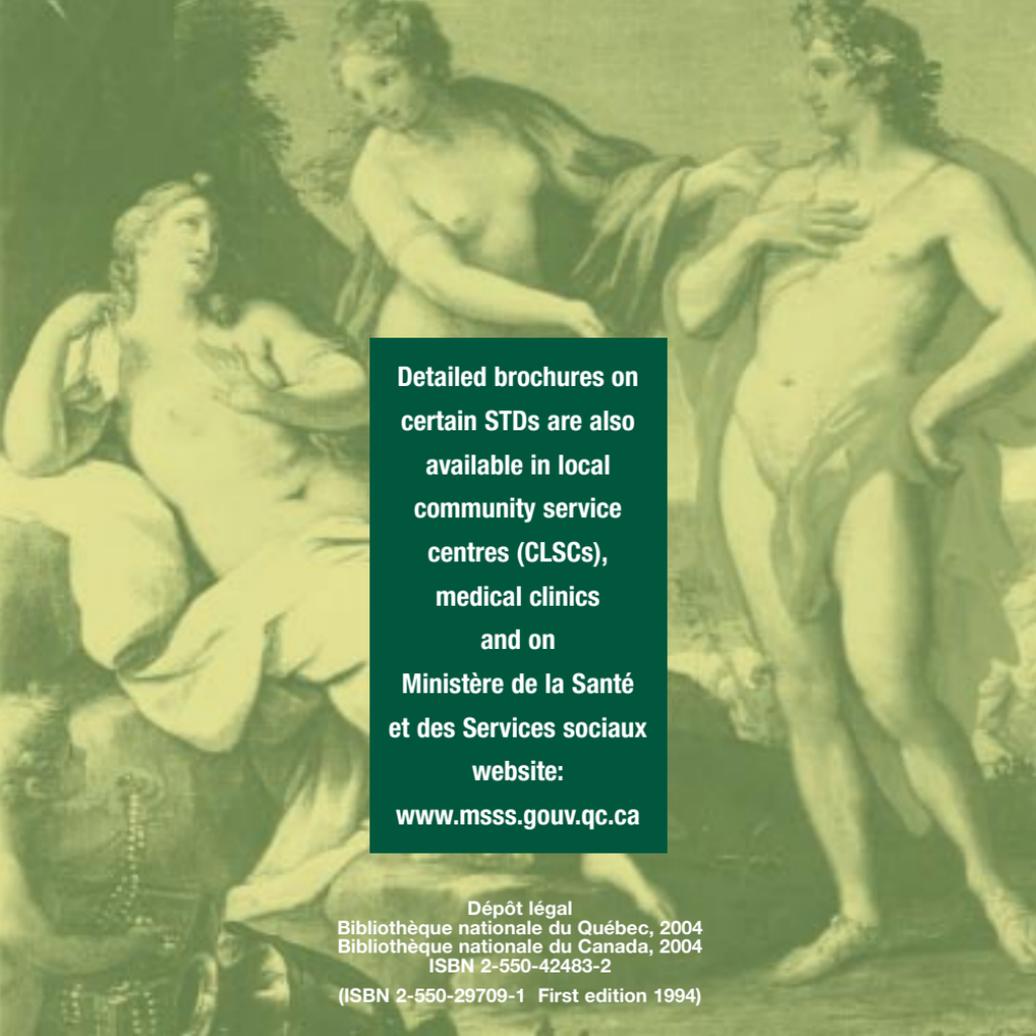
remove the condom and throw it away.

The background of the entire page is Sandro Botticelli's painting 'The Birth of Venus'. It depicts the goddess Venus reclining on a scallop shell, being brought to the shore by the wind gods Zephyrus and Chloris. The painting is characterized by its soft, delicate lines and vibrant colors.

Other questions?

Call
Info-Santé CLSC

www.jcapote.com



**Detailed brochures on
certain STDs are also
available in local
community service
centres (CLSCs),
medical clinics
and on
Ministère de la Santé
et des Services sociaux
website:**

www.msss.gouv.qc.ca

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