

What if I have it?

HPV is a really common virus (a lot of people have it). If you notice there is some unusual growth around your genitals or something that was not there before you should come into the clinic and have it checked out.

Genital warts start as a small lump or bump. Sometimes they can be raised or flat and sometimes they grow in clusters and look like a cauliflower. The warts are usually painless, and can be easily treated.

Women who have the wart virus detected on their Pap smears may require further follow up. It is important for women to have regular Pap smears because HPV can cause cancer.

People you have sex with

If you have genital warts, it's good to let your sexual partners know as they can be checked as well. There are good treatments for warts. Condoms help to prevent the spread of genital warts. Genital warts can be on skin not covered by a condom.

What if I don't know I have it?

Genital warts can only be detected when the warts are present on the private parts. The health worker, nurse or doctor can talk to you about treatment options.

Where to get help

All the services listed will give you private help and are free:

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| Aurukun Primary Health Care Centre Ph: (07) 4060 6133 | Malakoola Primary Health Care Centre Napranum Ph: (07) 4069 7459 |
| Bamaga Sexual Health Clinic Ph: (07) 4090 4219 | Mamu Health Service Innisfail Ph: (07) 4061 4477 |
| Cairns Sexual Health Service Ph: (07) 4226 4769 | Midin Clinic Atherton Ph: (07) 4091 6103 |
| Coen Primary Health Care Centre Ph: (07) 4060 1166 | Mt Isa District Sexual Health Service Ph: (07) 4744 4805 |
| Gurriny Yealamucka Yarrabah Ph: (07) 4056 0100 | Mulungu Aboriginal Medical Centre Mareeba Ph: (07) 4092 3428 |
| Hope Vale Primary Health Care Centre Ph: (07) 4060 9171 | Palm Island Sexual Health Service Ph: (07) 4752 5100 |
| Injilinj Youth Health Mt Isa Ph: (07) 4749 5276 | Pormpuraaw Primary Health Care Centre Ph: (07) 4060 4233 |
| Kowanyama Primary Health Care Centre Ph: (07) 4060 5133 | Thursday Island Men's and Women's Health Ph: (07) 4069 0413 |
| Laura Primary Health Care Centre Ph: (07) 4060 3320 | Townsville Aboriginal and Islander Health Services Ph: (07) 4759 4000 |
| Lockhart River Primary Health Care Centre Ph: (07) 40607155 | Townsville Sexual Health Service Ph: (07) 4778 9600 |
| Mackay Aboriginal & Torres Strait Islander Community Controlled Health Service Ph: (07) 4957 9400 | Weipa Sexual Health Program Ph: (07) 4082 3647 |
| Mackay Sexual Health Service Ph: (07) 4968 3919 | Wuchopperen Health Service Ph: (07) 4080 1000 |
| Mapoon Primary Health Care Centre Ph: (07) 4090 9174 | Wujul Wujul Primary Health Care Centre Ph: 4060 8239 |

CONTACT YOUR LOCAL HEALTH CENTRE

Please place Clinic Stamp/Address here:



GENITAL WARTS

HPV (Human Papilloma Virus)



Please do not litter

What is it?

An infection of the private parts is called a sexually transmissible infection (STI).

STIs are caused by germs getting inside when you have sex with someone with an STI.

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

Human papilloma virus (say Hew-man Pap-ill-loama Vai-russ)

HPV is a virus that causes small painless warts (bumps on the skin), they can be raised or flat, single or multiple, large or small, some cluster together and can look like a small cauliflower.

How do you get it?

Sexual contact – oral, vaginal, or anal(bum) sex. HPV is more likely to be passed on by someone who has warts present, but can be passed when there are no warts on or around your private parts. Condoms help but they don't always stop warts from being passed on.

The future

If genital warts are causing problems for you (warts keep coming back) there are treatments. Go to the clinic for a check up and talk to a Health Worker, Nurse or Doctor for more information.

Some types of HPV infection which cause genital warts can be prevented by vaccination. The vaccine is available to all 12 to 13 year old girls in Year 8 through the School Based Vaccination Program.

Having men's and women's health checks every year and using condoms and lube will keep you healthy and strong.



CONDOMS

**Condoms stop STIs from spreading.
Here's how to use a condom:**



Check expiry date, check package is not damaged and open with care.



Pinch the tip so air doesn't get trapped.



Roll on when the penis is hard. Use water-based lubricant (lube).



When withdrawing hold the base of the condom so semen doesn't spill out.



Tie a knot and put it in the bin, not down the loo. It will block the pipes.

What is sexual health?

Sexual health is not just for people who have had sex or have an infection. It means looking after your body, your health, your partner's health and your decisions about having sex. Regular sexual health check-ups can stop women and men becoming infertile (can't have babies).

Sexual health check-up

A sexual health check-up is a check-up by a health professional to test for sexually transmissible infections (STIs) and also to discuss any other sexual health problems you might have, or are worried about.

Who should have a sexual health check-up?

Sometimes STIs have no symptoms or sickness so it is good to have a check-up once a year.

It is good to have a sexual health check-up if:

- You are sexually active
- Haven't had one for a long time
- Never had a sexual health check
- You think you may have an STI
- You have had unsafe sex (sex without a condom and lube) including vaginal, oral and anal (bum) sex
- You had a condom break or it fell off during sex
- You or your partner have other sexual partners
- You have shared injecting, piercing or tattooing equipment
- You are starting a new sexual relationship
- You are pregnant

Where to get help

All the services listed will give you private help and are free:

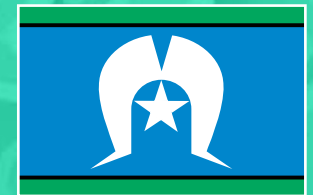
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Sexual Health



Please do not litter

What happens during a sexual health check-up?

Generally all that is required is for you to pee in a jar and have a blood test.

If any test is positive you will need to be treated and have a discussion with your sexual health professional.

This information is confidential (your business) and the questions help you and the health professional to give you a proper check-up. It is a chance for you to ask any questions about sexual health too.

What is an STI?

Infections that can be passed from one person to another during sex are called STIs. Sexual contact is vaginal, oral (sucking, licking) and anal (bum) sex. Some infections can also be passed on by infected blood (sharing injecting, piercing and tattooing equipment) or body fluids (semen (cum), vaginal fluid and breast milk). Sometimes these infections are passed from mother to child during pregnancy or birth.

Other infections such as herpes and genital warts can be transmitted through skin-to-skin contact.

The most common STIs in Aboriginal and Torres Strait Islander communities and Australia are:

- Genital warts
- Genital herpes
- Chlamydia
- Gonorrhoea
- Trichomonas
- Syphilis

Many STIs have no symptoms. This means a person can have an infection without knowing it.

Symptoms in women

- An unusual vaginal discharge, smell, itch or irritation
- A sore, wart, lump, rash or blister on your private parts including bum
- Pain or discomfort on passing pee
- Lower belly pain or pain during sex
- Bleeding between periods or after sex
- Painful or irregular periods
- Any rectal (bum) discharge

Symptoms in men

- A discharge from the penis
- A sore, wart, lump, rash or blister on your private parts including bum
- Penis feels sore or itchy
- Pain or discomfort when peeing or having sex
- Pain in lower belly
- Painful or swollen balls
- Any discharge from bum

Can STIs be treated?

Tablets or injections for chlamydia, trichomonas, syphilis and gonorrhoea are available. There are vaccines to prevent some STIs. Genital warts and herpes cannot be cured but can be improved with treatment. Some STIs can lead to long-term illness but there is much progress in treating and managing all STIs. Talk to your doctor.

Confidentiality and access

It is the responsibility of all health professionals to respect your confidentiality and your race, sexual orientation (gay, bisexual or straight) and your traditional laws. There is no shame in going to a clinic, all workers must keep your business private and respect your place in your community.

Contact tracing

Contact tracing helps to control the spread of STIs. It involves informing the sexual contacts of the person with the STI and letting them know they may have been exposed to the infection.

If you test positive for an STI, your recent partners should be told to have a sexual health check. If you are okay with contacting them yourself, you will be encouraged to tell them. If not, the sexual health professional will tell them. Your name is never mentioned.

Public sexual health services are free everywhere

Having men's and women's health checks every year and using condoms and lube will keep you healthy and strong. It can help you and your community to have healthy lives.

Go to the clinic for a check up, a list of good places to go is on the back.

