

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:

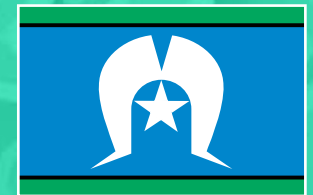
Aurukun Primary Health Care Centre Ph: (07) 4060 6133	Malakoola Primary Health Care Centre Napranum Ph: (07) 4069 7459
Bamaga Sexual Health Clinic Ph: (07) 4090 4219	Mamu Health Service Innisfail Ph: (07) 4061 4477
Cairns Sexual Health Service Ph: (07) 4226 4769	Midin Clinic Atherton Ph: (07) 4091 6103
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:



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.

