

What if I have it?

A health clinic or doctor can do a test for trich. They may ask you for a urine (pee) sample. If you have it, the people at the clinic will give you pills to take and it will be treated.

You must not drink any grog for three days after taking the pills.

If pregnant women have trich, they can have babies that are born too early and born too small.

Pregnant women need to get a check up so trich can be treated and their babies can be born healthy and strong.

People you have sex with

It is really good to let people you have had sex with, know you have been treated for an STI. If you are too shame, the clinic can do it for you without telling anyone your name.

If your sex partners are not treated too, you may get that STI back – and have to get treated again.

What if I don't know I've got it?

The trich germ can stay in your body. Even if you have no pain or other signs of trich, it can still be damaging you inside. If you don't get treated, you can pass it to anyone you have sex with.

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
Injinlji 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:



TRICH



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.

Trichomoniasis (say Trike-oh-mon-eye-ass-iss)

Trich for short, is an infection of the private parts caused by a germ called trichomonas vaginalis.

Usually there are no symptoms or sickness, but some women may notice a frothy yellow discharge from the vagina that smells fishy or is itchy. Women may feel the need to pass urine (pee) more often, burning when passing urine and discomfort below the tummy.

Men may notice yellow fluid coming from the penis, needing to pass urine (pee) more often and burning when passing urine. **Men mostly do not have any symptoms** but if their partner has trich, then they must have a check up and be treated too. People can have trich for months or years without knowing.

How do you get it?

Sexual contact – oral, vaginal or anal (bum) sex. Condoms protect you from catching trich.

The future

Trich can damage men and women inside. The earlier you find and treat STIs the easier it is, and less damage is done to your body.

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

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.



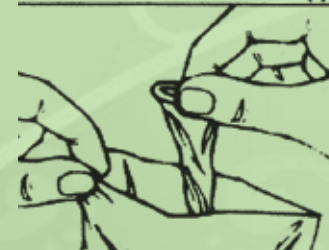
Pinch the tip so air doesn't get trapped.



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.