



Australian Government
Department of Health and Aged Care

Sexually transmissible infections (STI) campaign

Health professionals' kit

February 2024



Make STI testing your
Beforeplay.

Introduction

Sexually transmissible infections (STIs) are a public health challenge in Australia with **1 in 6** Australians experiencing a notifiable STI in their lifetime.

Beforeplay is a new national Australian Government campaign, which aims to educate and raise awareness of STI prevention, with a focus on testing, treatment and promotion of safe sex behaviours.

The awareness campaign provides a timely reminder to 'make STI testing your *Beforeplay*,' aiming to remove the stigma around sexual health check-ups and encourage Australians, particularly people aged 20 to 34 years, to get tested as part of their regular health checks.

The campaign launched in January 2024 and includes targeted advertising, information and resources, a dedicated website and community engagement activations.

The need for an awareness campaign

In Australia, there have been significant increases in cases of chlamydia, gonorrhoea and syphilis since 2012, particularly among young people aged 15 to 34 years.

The rise in STI notifications requires increased communication to support and encourage people to look after their sexual health.

Recent data has shown:

- In 2022, notifications of infectious syphilis in Australia reached an historic high of over 6,000 infections.
- In 2022, chlamydia was the most frequently notified STI in Australia, with more than 93,000 notifications.¹
- In 2022, there were more than 32,000 gonorrhoea notifications in Australia.²
- Each year between 2016 and 2023, infants have died of congenital syphilis (passed from pregnant person to child) in Australia, even though syphilis is treatable.³

Anyone who is sexually active can get an STI, but people most at risk include:

- Young people aged between 15 and 34 years
- Gay, bisexual and other men who have sex with men
- First Nations people.

Most chlamydia and gonorrhoea cases in Australia are undiagnosed and untreated. Less than a third of young people aged between 15 to 29 who had chlamydia in 2021 received a diagnosis. This is why increased regular STI testing and treatment is crucial for STI prevention and management.⁴

¹ Kirby Institute 2023

² Kirby Institute 2023

³ <https://www.health.gov.au/sites/default/files/2023-10/national-syphilis-surveillance-quarterly-report-april-to-june-2023.pdf>

⁴ Kirby Institute 2022

How can healthcare professionals help?

As an important source of trusted health and wellbeing information, you can help the campaign messages reach as many people as possible, while providing reliable sexual health information.

Healthcare professionals also play a critical role in reducing stigma from sexual health conversations. Normalising conversations and educating people about STIs, testing, treatment and prevention is vital to reducing transmission.

Your practice or clinic can support understanding of STIs by sharing and publishing campaign resources from this kit. We encourage you to display the posters and fact sheets and share content across your social media channels and patient networks. Additionally, we recommend sharing this stakeholder kit within your professional network and among colleagues.

This kit also includes resources from the Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine (ASHM) which provides clinically reviewed guidelines and resources for healthcare professionals in sexual and reproductive health.

What's in the kit

The campaign toolkit contains:

- Key messages
- Advertising materials
- Animations
- Posters
- Fact sheets
- Frequently asked questions
- Social media content
- Newsletter article
- Resources for health professionals.

Further information

You can find more information about the campaign and access resources at health.gov.au/STI

ASHM also offers resources which provide additional information on how healthcare professionals can approach the topic of sexual health and have better conversations with their patients. Visit www.ashm.org.au for more information.

For questions about the resources in this kit, please email publichealthcomms@health.gov.au

Key messages – let's start the conversation

Beforeplay

- Safe sex behaviours, such as combining regular sexual health testing and use of protection, is the best way to protect you and your sexual partner(s) and avoid STIs.
- Make STI testing your *Beforeplay*.

Awareness

- STIs are common – anyone who is sexually active can get an STI.
- STIs are spread through sexual skin-to-skin contact, including unprotected vaginal, oral, and anal sex.
- STIs can also be spread from mother to child during pregnancy, childbirth, and breastfeeding.
- 1 in 6 Australians has had a notifiable STI in their lifetime.
- STIs such as syphilis, gonorrhoea, and chlamydia are on the rise in Australia, particularly among young people aged 20 to 34 years.
- Not everyone shows symptoms, so you could have an STI and not know it. That's why it's important to make sure you test regularly.
- Most STIs are easily treated, but early detection is key.
- If left untreated, some STIs can have long-term effects on your body, such as:
 - Chronic pain, nerve damage and damage to large vessels near the heart
 - Long-term effects on your reproductive health and your unborn babies.
- STIs can also cause irritation and unwanted symptoms that keep coming back (such as pain when you urinate, unusual genital discharge, itchiness around the vagina, penis, or anus).
- Talking about sexual health is important. Chat to your friends, partner, health professional or someone you feel comfortable talking to.

Testing

- STI tests are the only way to know if you have an STI.
- Sexual health checks are quick and easy and just a regular part of the job for your health professional.
- During your appointment, a doctor, nurse or health worker will ask you about your sexual history and discuss how often you should get an STI test, based on your personal situation. They will also chat to you about treating and managing an STI, if you need it. This information stays between you and them.
- STI tests vary depending on what you're being tested for. You might be asked for a urine or blood sample or a swab sample which you can usually do yourself.
- You can get a test at:
 - Your healthcare provider or any GP

- Sexual and reproductive health services
- Aboriginal Community Controlled Health Organisations
- Community health centres
- Medicare Urgent Care Clinics.
- Test results are confidential and are between you and your healthcare professional.
- If you have a Medicare card, pathology for an STI test is free.

Safer sex

- Talk with your partner(s) about your sexual health, so you can feel safe being intimate. Be open with them about your sexual health and check that they've also been tested recently.
- Combine STI testing with protection.
 - Condoms and other barrier protection significantly reduce your risk of getting an STI.
 - Using condom-safe lubricants (e.g. water or silicone based) can help stop condoms from breaking. Always use condoms or dental dams during oral sex.
 - Use a new condom every time you switch between oral, anal or vaginal sex.

Actions

Make STI testing your *Beforeplay*. Use protection and book a check-up today. Find out more at health.gov.au/STI

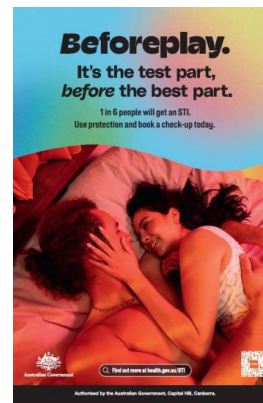
Resources

The resources listed below are available to download at health.gov.au/STI/resources

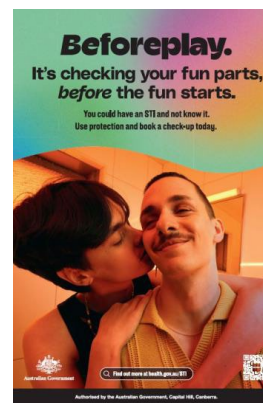
We encourage you to share them with our community, within your organisation or with your stakeholder networks.

Resource title	Preview
<u>Beforeplay video – 30 seconds</u>	
<u>Beforeplay video 1 – 15 seconds</u>	
<u>Beforeplay video 2 – 15 seconds</u>	
<u>Sexually transmissible infections – Beforeplay – Poster 1</u>	

Sexually transmissible infections – Beforeplay – Poster 2



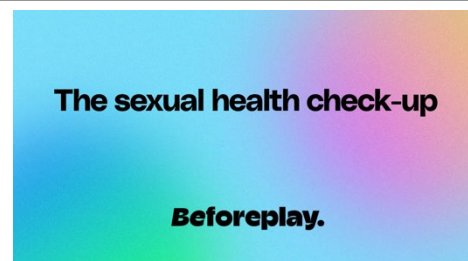
Sexually transmissible infections – Beforeplay – Poster 3



Explainer animation – Beforeplay Mythbusters – 120 seconds



Explainer animation – The sexual health check – 140 seconds



Explainer animation – STIs and infertility – 120 seconds



Campaign poster – **Check your fun parts before the fun starts**



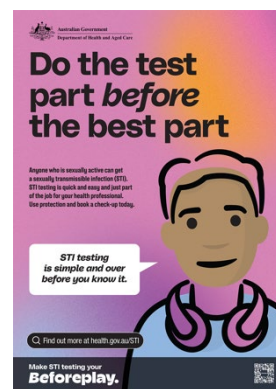
Campaign poster – **Do the check-up before the hook up**



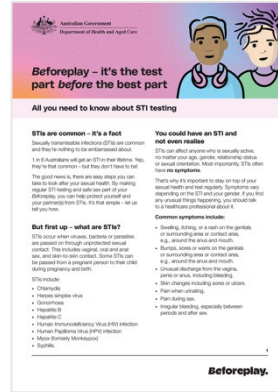
Campaign poster – **Don't give STIs a say in your family plan**



Campaign poster – **Do the test part before the best part**



Factsheet – *Beforeplay* – **All you need to know about STI testing**



STIs are common – it's a fact
Sexually transmissible infections (STIs) are common and they're nothing to be embarrassed about. 1 in 4 Aussies will get an STI in their lifetime. They're not common – but they don't have to be!

The good news is, there are ways that you can take control over your sexual health. By getting regular STI testing and safe sex as part of your relationship, you can help protect yourself and your partner(s) from STIs. It's that simple – let us help you too.

But first up – what are STIs?
STIs are when viruses, bacteria or parasites are passed on through unprotected sexual contact. This includes vaginal and anal sex, and even skin-to-skin contact. Some STIs can be passed from a pregnant person to their baby during pregnancy and birth.

STIs include:

- Chlamydia
- Herpes (simplex virus)
- Gonorrhoea
- Hepatitis B
- Hepatitis C
- Human Immunodeficiency Virus (HIV) infection
- Human Papilloma Virus (HPV) infection
- Most common Mycoplasma
- Syphilis

You could have an STI and not even realise
STIs can affect anyone who is sexually active, no matter your age, gender, relationship status or sexual orientation. And importantly, STIs often have no symptoms.

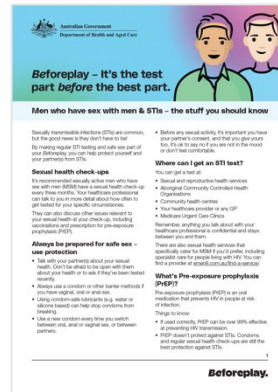
There's no reason to stay on top of your sexual health and test regularly. Symptoms may develop in the STI testing period. If any test or result is not reassuring, you should talk to a healthcare professional about it.

Common symptoms include:

- Swelling, itching, or a rash in the genitals
- or surrounding areas in contact area, e.g. around the anus and mouth.
- Itching, stinging or pain on urinating
- or burning/tingling in or around the mouth
- Unusual discharge from the vagina, penis or anus, including bleeding
- Sex changes including pain or sores
- Pain when urinating
- Pain during sex
- Regular bleeding, especially between periods and after sex.

Beforeplay.

Factsheet – **Men who have sex with men & STIs – the stuff you should know**



Sexually transmissible infections (STIs) are common
For the good news is they don't have to be! By getting regular STI testing and safe sex as part of your relationship, you can help protect yourself and your partner(s) from STIs.

Sexual health check-ups
It's recommended sexually active men who have sex with men (MSM) have a sexual health check-up every three months. Your healthcare professional can help with your specific circumstances. They can also discuss other issues related to your sexual health or your check-up, including contraception and prevention for pre-exposure prophylaxis (PrEP).

Always be prepared for safe sex – use protection

- Use latex or polyurethane condoms correctly. Don't be afraid to open with them about your health. It's not a bad idea to have a condom on hand.
- Always use a condom or other barrier method if you have vaginal, anal or oral sex.
- Using condom lubricants (e.g. water or silicone based) can help ease condoms from insertion.
- Use a new condom every time you switch between oral, anal or vaginal sex, or between partners.

Where can I get an STI test?
You can get a test at:

- Sexual and reproductive health services
- Aboriginal Community Controlled Health Centres
- Community health centres
- Your health care provider or any GP
- Sexual Health Clinic (SHC)

Remember, anything you talk about with your healthcare professional is confidential and safe between you and them.

There are also sexual health services that specifically cater for MSM if you're looking for specific advice to people with sex with men. You can find a list of these services on the SHC website.

What's Pre-exposure prophylaxis (PrEP)?
Pre-exposure prophylaxis (PrEP) is an oral medication that prevents HIV in people at risk of infection.

Things to know:

- It's used correctly, PrEP can be over 99% effective.
- It's not a cure, it's a prevention.
- PrEP doesn't protect against STIs, Gonorrhoea and other sexually transmitted infections are still the best protection against STIs.

Beforeplay.

Factsheet – **In a relationship? Stay on top of your sexual health**



Sexually transmissible infections (STIs) are common
In fact, 1 in 4 Aussies will get an STI in their lifetime. They're not common – but they don't have to be!

By getting regular STI testing and safe sex as part of your relationship, you can help protect yourself and your partner(s) from STIs.

Are you partner(s) and at risk of STIs?
Anyone who is sexually active can get an STI. This includes most common in young people aged 15 and over.

If you're having sex, you should get a regular sexual health check-up every three months. Your healthcare professional can help with your specific circumstances. They can also discuss other issues related to your sexual health or your check-up, including contraception and prevention for pre-exposure prophylaxis (PrEP).

STIs can be passed on
STIs can be passed on through unprotected sexual contact, oral and anal sex, and skin-to-skin contact.

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You could have an STI and not even realise
STIs can affect anyone who is sexually active, no matter your age, gender, relationship status or sexual orientation. And importantly, STIs often have no symptoms. Symptoms may develop in the STI testing period. If any test or result is not reassuring, you should talk to a healthcare professional about it.

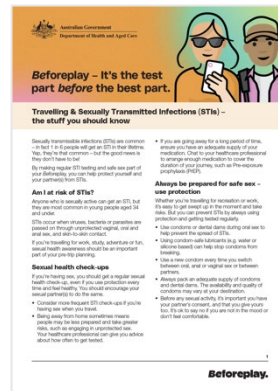
How to start a conversation about sexual health
Being able to have a conversation about sexual health is an important part of your relationship. It's not a bad idea to have a condom on hand.

Always be prepared for safe sex – use protection

- Use latex or polyurethane condoms correctly. Don't be afraid to open with them about your health. It's not a bad idea to have a condom on hand.
- Always use a condom or other barrier method if you have vaginal, anal or oral sex.
- Using condom lubricants (e.g. water or silicone based) can help ease condoms from insertion.
- Use a new condom every time you switch between oral, anal or vaginal sex, or between partners.

Beforeplay.

Factsheet – **Travelling & STIs – the stuff you should know**



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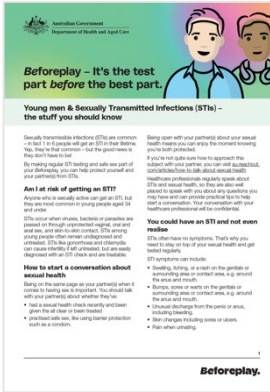
Travelling & Sexually Transmitted Infections (STIs) – the stuff you should know

Always be prepared for safe sex – use protection

- Use latex or polyurethane condoms correctly. Don't be afraid to open with them about your health. It's not a bad idea to have a condom on hand.
- Always use a condom or other barrier method if you have vaginal, anal or oral sex.
- Using condom lubricants (e.g. water or silicone based) can help ease condoms from insertion.
- Use a new condom every time you switch between oral, anal or vaginal sex, or between partners.

Beforeplay.

Factsheet – Young men & STIs – the stuff you should know



Beforeplay – It's the test part before the best part.

Young men & Sexually Transmitted Infections (STIs) – the stuff you should know

Sexually transmissible infections (STIs) are common – in fact 1 in 5 people will get an STI in their lifetime. But, they're not common – and the good news is they don't have to be!

By taking regular STI testing and safe sex part of your lifestyle, you can help protect yourself and your partners from STIs.

Am I at risk of getting an STI?

Anyone who is sexually active can get an STI, but they are most common in young people aged 15 and under.

STIs can be passed on through unprotected vaginal, anal and oral sex, and skin-to-skin contact. STIs among young people often when unprotected and anonymous STI-free genital contact and lubrication. STIs can also be passed on through sharing sex toys that are not properly cleaned.

How to start a conversation about sexual health

Being on the same page as your partner when it comes to sexual health is important. You should talk with your partner about whether they're:

- Had a sexual health check recently and when they'll get their next one
- Practised safe sex, like using barrier protection such as a condom

Being open with your partner about your sexual health means you can enjoy the moment knowing you're both protected.

If you're not sure how to approach this subject with your partner, you can visit [askaboutstis.beforeplay.gov.au](https://www.beforeplay.gov.au/ask-about-stis) to talk about sexual health, healthcare professionals register to speak about STIs and sexual health. They can also help you to speak with your doctor or pharmacist you like best and provide you with the support you need to start a conversation. Your conversation with your healthcare professional will be confidential.

You could have an STI and not even realise

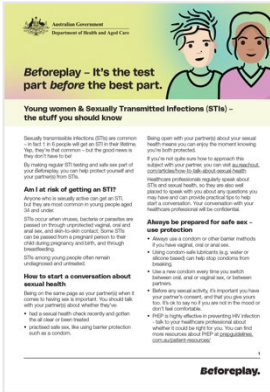
STIs often have no symptoms. That's why you need to stay on top of your sexual health and get tested regularly.

STI symptoms can include:

- Swelling, itching, or a rash in the penis or surrounding areas or infected area, like around the anus and mouth.
- Bumps, sores or warts on the penis or surrounding area or infected area, like around the anus and mouth.
- Unusual discharge from the penis or anus.
- Pain changes including sores or ulcers.
- Pain when urinating.

Beforeplay.

Factsheet – Young women & STIs – the stuff you should know



Beforeplay – It's the test part before the best part.

Young women & Sexually Transmitted Infections (STIs) – the stuff you should know

Sexually transmissible infections (STIs) are common – in fact 1 in 5 people will get an STI in their lifetime. But, they're not common – and the good news is they don't have to be!

By taking regular STI testing and safe sex part of your lifestyle, you can help protect yourself and your partners from STIs.

Am I at risk of getting an STI?

Anyone who is sexually active can get an STI, but they are most common in young people aged 15 and under.

STIs can be passed on through unprotected vaginal, anal and oral sex, and skin-to-skin contact. STIs among young people often when unprotected and anonymous STI-free genital contact and lubrication. STIs can also be passed on through sharing sex toys that are not properly cleaned.

How to start a conversation about sexual health

Being on the same page as your partner when it comes to sexual health is important. You should talk with your partner about whether they're:

- Had a sexual health check recently and when they'll get their next one
- Practised safe sex, like using barrier protection such as a condom

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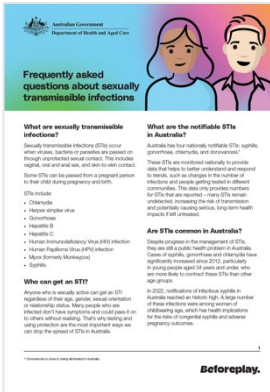
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Always be prepared for safe sex – use protection

- Always use a condom or other barrier methods for vaginal, anal, or oral sex. Use a condom every time you have sex.
- Using a condom adds lubrication (e.g. water or silicone based) and helps with comfort and pleasure.
- Use a new condom every time you switch partners.
- Make sure you're in a safe place, not a public place.
- Before any sexual activity, it's important you have your partner's consent, and that you give yours too. You both need to be sure you want to be involved in the sex.
- PEP is highly effective in preventing HIV infection and other STIs if you take it as soon as possible after a risk of exposure. You can find more information about PEP at [askaboutstis.beforeplay.gov.au](https://www.beforeplay.gov.au/askaboutstis).

Beforeplay.

Frequently asked questions about sexually transmissible infections



Frequently asked questions about sexually transmissible infections

What are sexually transmissible infections?

Sexually transmissible infections (STIs) occur when viruses, bacteria or parasites are passed on through unprotected sexual contact. The most common STIs are chlamydia, gonorrhoea and syphilis. These STIs can be passed from a pregnant person to their child during pregnancy and birth.

STIs can also be passed on through sharing sex toys that are not properly cleaned.

How can you get an STI?

Anyone who is sexually active can get an STI, regardless of their age, gender, sexual orientation or relationship status. STIs are most common in young people aged 15 and under who are not protected from STIs during pregnancy and birth.

STIs can be passed on through:

- Unprotected vaginal sex
- Unprotected anal sex
- Unprotected oral sex
- Sharing sex toys that are not properly cleaned
- From a pregnant person to their child during pregnancy and birth

What are the most common STIs in Australia?

Chlamydia, gonorrhoea and syphilis are the most common STIs in Australia. Chlamydia and gonorrhoea are often passed on through unprotected vaginal and anal sex. Syphilis is often passed on through unprotected oral sex.

Are STIs common in Australia?

STIs are common in Australia. In 2019, there were 1.1 million new STI diagnoses in Australia. Chlamydia, gonorrhoea and syphilis are the most common STIs in Australia. STIs are most common in young people aged 15 and under who are not protected from STIs during pregnancy and birth.

Beforeplay.

Social media content




You can share the *Beforeplay* social media content across your preferred channels.

You can share these as they are or adapt to suit your channels.



We encourage you to post content from 15 January 2024.


Please tag us at @AusGovHealth so we can see your content and cross-promote where possible.

Post #1 – STIs are common (General awareness)




Copy	Platform	Preview
<p>Did you know, 1 in 6 people in Australia will get an STI in their lifetime?</p> <p>Make STI testing your <i>Beforeplay</i>. Use protection and book a sexual health check-up today.</p> <p>Find out more at health.gov.au/STI</p>	Instagram (1080x1080px)	
<p>In Australia, 1 in 6 people will get an STI in their lifetime. Make STI testing your <i>Beforeplay</i>. Get tested regularly and always use protection. Find out more at health.gov.au/STI</p>	X (1600x900px)	
<p>Did you know, 1 in 6 people in Australia will get an STI in their lifetime? Chlamydia, gonorrhoea, and syphilis are on the rise and if you're aged 34 or under, you're at greater risk of infection.</p> <p>Make STI testing your <i>Beforeplay</i> by getting tested regularly and always using protection. Find out more at health.gov.au/STI</p>	Facebook (1200x1200px)	

Post #2 – STI myth busting (Dispel common myths)

Copy	Platform	Preview
<p>What do you think of when you hear 'STI'? You've probably heard a thing or two... but is it fact or fiction?</p> <p>Make STI testing your <i>Beforeplay</i> by getting tested regularly and always using protection. Find out more at health.gov.au/STI</p>	Instagram Animation – Beforeplay myth busters	
<p>You've probably heard a thing or two about 'sexually transmissible infections' or STIs... but is it fact or fiction? Make STI testing your <i>Beforeplay</i> by getting tested regularly and always using protection. Find out more at health.gov.au/STI</p>	X Animation – Beforeplay myth busters	

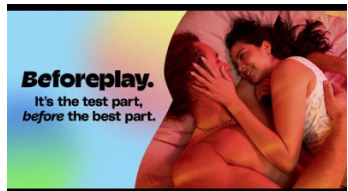
Copy	Platform	Preview
<p>I would know if I had a sexually transmitted infection (STI)...</p> <p>I don't have sex with a lot of people, so I can't get an STI...</p> <p>I can only catch an STI if I have penetrative sex...</p> <p>What do you think of when you hear 'STIs?'</p> <p>You've probably heard a thing or two... but is it fact or fiction?</p> <p>Protect your health by getting regular sexual health check-ups and always using protection.</p> <p>Make STI testing your <i>Beforeplay</i>.</p> <p>Find out more at health.gov.au/STI</p>	<p>Facebook</p> <p><u>Animation –</u> <u>Beforeplay myth</u> <u>busters</u></p>	 <p>The graphic is a vertical rectangle with a pink-to-purple gradient background. At the top left is the Australian Government Department of Health and Aged Care logo. To its right, the word 'Beforeplay.' is written in a bold, black, sans-serif font. Below this, a white rounded rectangle contains the text 'Use protection and book a check-up today.' in black. At the bottom, a black rounded rectangle contains the text 'Visit health.gov.au/STI' in white.</p>

Post #3 – Sexual health check-up (Reducing stigma)

Copy	Platform	Preview
<p>The sexual health check-up... Admit it, you avoid it, right? But here's the thing, it's much easier than you think.</p> <p>Having a simple STI test as part of regular sexual-health check-ups is the only way to know if you have an STI – and to get the right treatment if you need it. Make STI testing your <i>Beforeplay</i>. Find out more at health.gov.au/STI</p>	<p>Instagram</p> <p><u>Animation – Beforeplay myth busters</u></p>	
<p>The sexual health check-up... Admit it, you avoid it, right? But here's the thing, it's much easier than you think. Make STI testing your <i>Beforeplay</i>. Find out more at health.gov.au/STI</p>	<p>X</p> <p><u>Animation – Beforeplay myth busters</u></p>	
<p>The sexual health check-up... Admit it, you avoid it, right? But here's the thing, it's much easier than you think.</p> <p>Having a simple STI test as part of regular sexual health check-ups is the only way to know if you have an STI – and to get the right treatment if you need it. Most STIs are easily treated if caught early.</p> <p>Always use protection to help keep you and your partner covered between check-ups.</p> <p>Make STI testing your <i>Beforeplay</i>. Find out more at health.gov.au/STI</p>	<p>Facebook</p> <p><u>Animation – Beforeplay myth busters</u></p>	

Post #4 – Get tested regularly (General awareness)

Link: <https://www.health.gov.au/sti/resources/videos/beforeplay-video-1-15-seconds>

Copy	Platform	Preview
<p>Having sex? Get a sexual health check-up.</p> <p>If you're sexually active, you should get a regular sexual health check-up to test for STIs, even if you use protection every time. You should encourage your sexual partners to do the same.</p> <p>Make sure you book an STI test if:</p> <ul style="list-style-type: none"> • You have symptoms • You change sexual partners • You've had unprotected sex • It's been a while since your last check-up • You're pregnant or planning a pregnancy. <p>Speak to a healthcare professional for advice on how often you should get tested.</p> <p>Make STI testing your <i>Beforeplay</i>. Find out more at health.gov.au/STI</p>	<p>Instagram</p> <p><u>It's the test part before the best part</u></p>	
<p>Having sex? Get a regular sexual health check-up. Make STI testing your <i>Beforeplay</i>. Find out more at health.gov.au/STI</p>	<p>X</p> <p><u>It's the test part before the best part</u></p>	
<p>Having sex? Get a regular sexual health check-up, even if you use protection every time. You should encourage your sexual partners to do the same.</p> <p>Your healthcare professional can provide advice about how often to get your regular STI test.</p> <p>Make sure you book an STI test if:</p> <ul style="list-style-type: none"> • You have symptoms • You change sexual partners • You've had unprotected sex • It's been a while since your last check-up • You're pregnant or planning a pregnancy. <p>Make STI testing your <i>Beforeplay</i>. Find out more at health.gov.au/STI</p>	<p>Facebook</p> <p><u>It's the test part before the best part</u></p>	

Newsletter or website article

Use the article below to share information about STIs with your community and encourage sexual health testing.

Having sex? Do the test part, *before* the best part

Did you know 1 in 6 Australians will have a sexually transmissible Infection (STI) in their lifetime?

STIs remain a public health challenge in Australia, with syphilis, gonorrhea and chlamydia some of the most common STIs on the rise.

Anyone who's sexually active can get an STI. They are most common in people aged 34 and under and often have no symptoms.

'Beforeplay' is a new national Australian Government campaign that aims to educate and raise awareness of STI prevention, testing and treatment, and to promote safe sex behaviours.

Beforeplay reminds people to do the test part, *before* the best part – encouraging young Australians to get regular sexual health checks in addition to using protection.

The campaign also reminds people that STI testing is not a big deal, and is much easier than most people might think, aiming to break down stigmas around sexual health testing.

Make STI testing your Beforeplay – be in the know:

- Not everyone will have symptoms, so you could have an STI and not know it. Testing is the only way to know if you have an STI.
- Early detection is key. Some STIs such as chlamydia, gonorrhoea and syphilis can be treated and cured with medication.
- Even if symptoms disappear, the infection may still be there and be passed on, and symptoms can come back later.
- Other STIs such as herpes and Human Immunodeficiency Virus (HIV) can't be cured, but can be treated and managed effectively.
- Regular sexual health checks are important. If you're sexually active – even if you only have one partner and always use protection – you should get an STI test at least once a year.
- STI tests are a regular part of the job for your healthcare professional – there is no reason to feel embarrassed.
- Speak with a health professional about how often you should get an STI test and what type of test you need.
- Health professionals will also talk to you about treating and managing an STI, if you need it. This information stays between you and them.
- STI tests vary depending on what you're being tested for, but they're usually quick and easy. You might be asked for a urine or blood sample or a swab which you can usually do yourself.

Use protection and book a sexual health check-up today.

Visit health.gov.au/STI for more information on STIs and how to connect with sexual health services in your area.

Resources for health professionals

Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine (ASHM) resources

ASHM provides clinically reviewed guidelines and resources for healthcare professionals in sexual and reproductive health. Visit www.ashm.org.au for more information.

Resource link	Description
<u>Australian STI Management Guidelines for Use In Primary Care</u>	<p>The Australian STI Management Guidelines for Use in Primary Care are your resource for comprehensive and up-to-date information on the prevention, testing, diagnosis, management, treatment, and follow-up of sexually transmissible infections (STIs).</p> <p>Developed under the guidance of the Australasian Sexual and Reproductive Health Alliance (ASRHA) and managed by ASHM, these guidelines provide concise and evidence-based recommendations for primary care health professionals.</p>
<u>Decision Making In Syphilis</u>	<p>The Syphilis decision-making tool is a resource designed for healthcare practitioners, providing clear steps to assess and provide clinical care for syphilis cases.</p> <p>This comprehensive tool offers guidance on various aspects of syphilis management, including screening, testing, and treatment protocols.</p>
<u>Sexual History Taking Resource Catalogue</u>	<p>The Sexual History Taking Resource Catalogue offers healthcare professionals a collection of resources about how to engage in taking non-judgmental and thorough sexual health histories.</p>
<u>HealthInfo Direct – Sexual Health</u>	<p>A resource provided by the Australian Indigenous HealthInfoNet with information on sexual health, reproductive health and STIs.</p>
<u>Djiyadi – Can we talk?</u>	<p>A resource manual for sexual health workers who work with Aboriginal and Torres Strait Islander youth.</p>
<u>HIV Shared Care</u>	<p>This resource provides guidance about recommended monitoring and preventative health for patients with HIV and the utilisation of a comprehensive GP Management Plan for HIV shared care.</p>

STI Guidelines Australia

[The Australian STI Management Guidelines for Use in Primary Care](#) are an online resource for primary health care professionals. The guidelines support prevention, testing, diagnosis and treatment of STIs.