

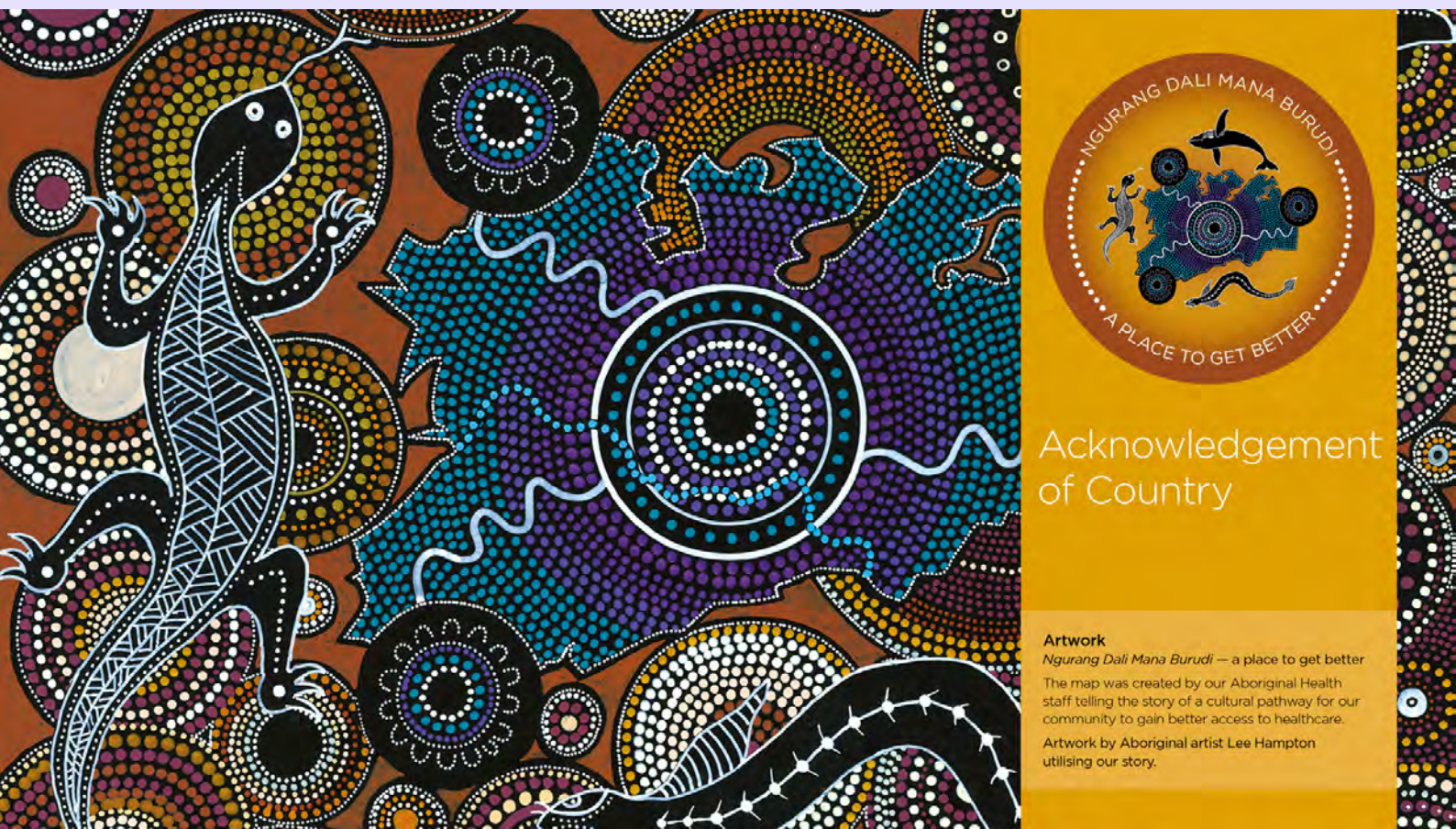
Facilitator Guide 2025

Understanding Sexually Transmissible Infections (STIs)



Statement of acknowledgement

I acknowledge the Traditional Owners of the land on which we live and work, and I pay my respects to their Elders past, present, and emerging. I recognise their ongoing connection to land, water, and community, and I honour their rich cultural heritage and contributions.



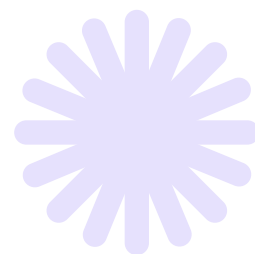
Acknowledgement of Country

Artwork

Ngurang Dali Mana Burudi — a place to get better

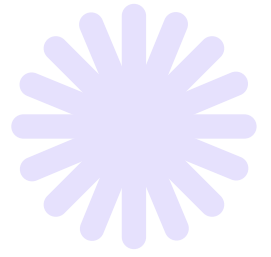
The map was created by our Aboriginal Health staff telling the story of a cultural pathway for our community to gain better access to healthcare.

Artwork by Aboriginal artist Lee Hampton utilising our story.



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Introduction

The **Understanding Sexually Transmitted Infections (STIs)** education package was created by the NSW Multicultural HIV and Hepatitis Service (MHAHS) as part of the broader Blood Borne Virus (BBV), Sexually Transmitted Infection (STI), and Liver Health community education toolkits, designed specifically for culturally and linguistically diverse (CALD) communities.

There is a series of five education packages including:

- Understanding Hepatitis B
- Understanding Hepatitis C
- Understanding Human Immunodeficiency Virus (HIV)
- Understanding Sexually Transmissible Infections (STIs)
- Understanding Liver Health

Each education package is designed to be delivered independently from the others, and all include a facilitator's guide (PDF) and a slide presentation (PowerPoint or PDF) available on the MHAHS website – www.mhahs.org.au.

The information provided in the **Understanding Sexually Transmissible Infections (STIs)** education package aims to:

- Increase participant awareness and knowledge about STI prevention, testing, and treatment
- Promote regular testing for people at risk of STIs
- Encourage participants and their communities to access NSW healthcare services
- Address misinformation and stigma that people may have about STIs
- Provide participants and their communities with accurate, up-to-date information
- Provide links to health and support services across NSW.

About the MHAHS

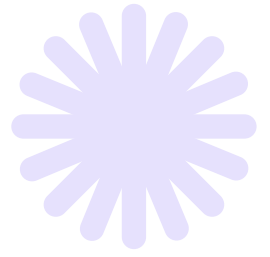
The NSW MHAHS supports people from diverse cultural and language backgrounds across New South Wales to address HIV, hepatitis B, hepatitis C, and sexual health. It works with communities to provide information, education, and support to improve access to health care for all.

The NSW MHAHS also partners with health services and community organisations to provide culturally tailored health education and multilingual programs to empower communities with knowledge and tools they need to navigate the health care system confidently.

NSW MHAHS is hosted by Sydney Local Health District.

Email: info@mhahs.org.au





About the facilitator guide

This facilitator guide is a practical resource to support individuals and organisation in delivering the Understanding Sexually Transmissible Infections (STIs) community education sessions to culturally and linguistically diverse (CALD) communities across NSW, using the accompanying slide presentation.

The guide is designed to help facilitators provide participants with information about STIs in a simple and clear way. It equips facilitators with the knowledge and resources necessary to conduct an effective, non-judgmental, and informative session.

This guide provides facilitators with clear instructions for delivering community education sessions. It includes step-by-step support for presenting each part of the slide presentation, making easy to follow and deliver. Each slide includes detailed and structured scripts to guide facilitators in delivering the session.

It includes:

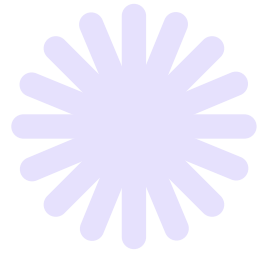
- Presentation slides covering essential information on STIs
- Facilitator notes with key talking points and explanations for each slide including references
- Instructions for facilitating discussions and engaging participants
- Activity suggestions to promote active learning and participation
- Sample evaluation form for gathering participant feedback after the session
- A glossary explaining various terms relating to STIs
- Reference list with links to multilingual resources and further information.

By using this guide, facilitators can:

- Explain STIs –what they are, how they are transmitted and the health effects on individuals
- Encourage participants and their communities to get tested and vaccinated for STIs
- Clarify common myths and reduce stigma surrounding STIs
- Guide participants on where to access STI testing, treatment, and support.

Who is this information for?

The information in the presentation is for CALD community members (adults and young people). The information is available in a range of community languages including Arabic, Bengali, Simplified Chinese, Traditional Chinese, Indonesian, Nepali, Portuguese, Spanish, Thai and Urdu.



Who can facilitate the education session?

The facilitator guide has been developed to prepare and support the facilitator delivering the community education session.

The information is designed for anyone interested in learning about STIs and who is interested in educating others. Education sessions can be delivered by bilingual facilitators with an interest in raising awareness about BBVs, STIs and liver health in their community. Ideally, facilitators should have experience in delivering community education. It is also important for facilitators to be aware of the sensitive topics and cultural considerations that may arise during the session.

No prior medical knowledge is required and this guide provides all necessary information for facilitators to confidently deliver the session.

Preparing to deliver community education sessions

To effectively deliver the community education sessions, it is recommended that facilitators:

- Familiarise themselves with the content of both the slide presentation and the facilitator guide
- Consider translating the talking points written in italics under each slide into your language
- Read the recommended articles and visit the suggested websites
- Practice delivering the content to ensure smooth delivery and familiarity with the flow of the session
- Test equipment to make sure it is set up and working properly before the session begins.

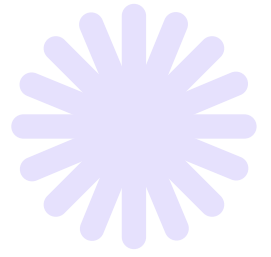
These steps will help facilitators feel more confident and prepared to deliver an informative session.

How long is needed to deliver the education session?

The slide presentation contains a lot of information, so please adapt the content from the slides and facilitator guide to best suit your group's needs.

While the recommended duration for the education session is 30-45 minutes, this can be adjusted depending on your audience and the setting.

If possible, remain available after the session to address any additional questions. Facilitators have the flexibility to shorten or extend the session by focusing on key slides or incorporating more time for discussion.



What is the delivery mode of the education session?

The education session can be delivered in various formats:

- **Face-to-face:** ideal for community gatherings, workplaces, and group sessions
- **Virtual or webinar format:** facilitators can deliver the session via Zoom, Microsoft Teams, or any other virtual platforms
- **Mixed approach:** it can be a combination of in-person and virtual delivery for broader accessibility.

Regardless of the delivery method, facilitators are encouraged to make sessions interactive and engaging, allowing participants to ask questions and share experiences.

Talking about BBVs, STIs and Liver Health

When discussing BBVs (HIV, hepatitis B and C), STIs, and liver health, it is important to approach the conversation with cultural sensitivity, empathy, and accurate information.

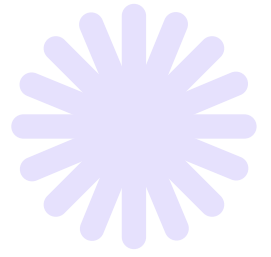
The information around these topics can be very sensitive, particularly for people from CALD communities, as discussing sexual health may be considered uncomfortable or a taboo in some communities.

Many people may have concerns about stigma, discrimination, or misunderstandings related to these topics. Facilitators should create a safe and respectful environment where participants feel comfortable discussing and learning about BBVs, STIs and liver health.

Sensitivities

It is important for facilitators to recognise that these topics can be difficult for some people and that participants or their loved ones may have personal experiences related to BBVs, STIs, or liver disease. It's also important to use non-judgmental language and remind everyone that the session focuses on health and well-being.

Privacy and confidentiality should always be respected, and participants should be assured they don't have to share personal experiences unless they choose to. Facilitators should use inclusive and culturally appropriate language and adjust their language to suit the audience's literacy levels, keeping everything simple and clear.



Stigma and discrimination

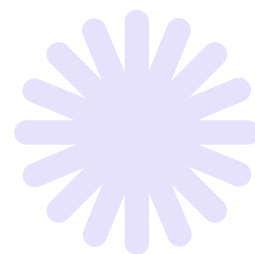
When planning the education sessions, consider that many people with BBVs, STIs or poor liver health may experience stigma and discrimination. This can prevent them from seeking testing, treatment, and support. Facilitators need to understand that stigma can come from fear, misinformation, and cultural beliefs.

The community education sessions:

- Emphasise that BBVs, STIs and poor liver health are medical conditions that can be cured or treated and managed and prevented in many cases
- Explain that stigma creates barriers for people to access healthcare. This can increase the risk of passing on to other people
- Educate participants on the facts about transmission and prevention to challenge myths and misconceptions
- Address concerns about confidentiality by explaining that testing and treatment services are private and professional
- Promote an inclusive and respectful discussion, avoiding any blame or shame.

Common risk factors and barriers specific to CALD populations

- Limited access to healthcare due to language barriers, migration status, and lack of familiarity with the healthcare system or financial constraints can prevent people from getting tested, treatment and support.
- Cultural beliefs and stigma: In some cultures, discussions around sexual health, BBVs, and STIs may be considered taboo, leading to avoidance or delayed testing and treatment.
- Lack of culturally appropriate health information about BBVs, STIs and liver health.
- Different health beliefs and traditional medicine practices, which may impact engagement with mainstream healthcare services.
- Increased vulnerability due to migration experiences, such as trauma, displacement, or lack of stable housing.
- Having been born or have lived in country where BBVs are common.
- Fear of stigma and judgment from family, community, or healthcare providers.
- Mistrust of the healthcare system, especially among newly arrived migrants or refugees.
- The lack of symptoms for some of the BBVs, STIs and liver diseases which leads people to believe they do not need to be tested.

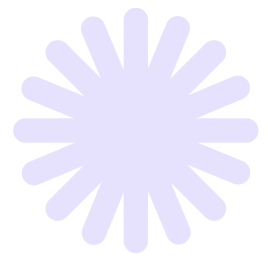


Planning for the information session

Facilitators or organisations should take the time to prepare the materials they need, book a venue, and promote the education session to groups of people who might be interested in the topic.

The following checklist will help you organise your session.

Action	Tick off
Booking a venue	
Consider the number of participants to match the seating availability.	
Choose a comfortable, accessible location that suits your audience (e.g., community centre, library, health service, or online platform for virtual sessions).	
Ensure the venue has the necessary facilities (Wi-Fi, projector, seating, parking, toilets, fire emergency exits, accessibility for people with disabilities, etc.).	
Promoting the session via your networks	
Advertise the session through community groups, social media, local health services, and word-of-mouth.	
Use multilingual flyers, posters, or digital invitations if necessary	
If applicable, partner with local organisations that engage with the target community.	
Consider the gender make up – is there a preference for male only or female only groups?	
Consider any cultural or religious key dates when you plan the session (e.g. is it a fasting period?).	
What you will need for the information session	
Equipment <ul style="list-style-type: none">• Laptop (if presenting slides or playing videos).• Projector or TV screen (for in-person sessions).• Microphone/speaker system (for larger venues).• Internet access (if sharing online resources).	
Presentation Materials <ul style="list-style-type: none">• PowerPoint presentation (PPT) and facilitator manual (digital or printed copies).• Printed handouts for participants (if relevant).• Evaluation forms (in English and other relevant languages).	
Name Tags (for in-person sessions) <ul style="list-style-type: none">• Helps create a welcoming and interactive environment.• Use name stickers or pre-printed name tags if needed.	



Planning for the information session (cont...)

Action	Tick off
What you will need for the information session	
Stationery <ul style="list-style-type: none">• Pens, markers, and paper for note-taking, activities, or participant feedback.• Whiteboard or flipchart (if using for group discussions).	
Multilingual Resources <ul style="list-style-type: none">• Printed or digital fact sheets and brochures on BBVs, STIs, liver health and available health services.• Interpreter information (e.g., contact details for TIS National).• Links to multicultural health services such as MHAHS for further support.	

Key takeaways for facilitators:

- **Clear Information:** Use simple, straightforward language to explain STIs and their impact on health.
- **Empathy:** Approach sensitive topics with understanding and without judgment.
- **Engagement:** Create a safe and open space for participants to ask questions and share their experiences.
- **Action:** Encourage participants to get tested, vaccinated, and access support as needed

Slide 1



Facilitator instruction

- Welcome the group to the education session

Good [morning/afternoon/evening] everyone, and welcome to today's session.

- Introduce yourself to the group

*My name is [Your Name], and I work as [Your Role] at [Your Workplace].
It's great to have you all here.*

- Provide an acknowledgement of the Country

Before we begin, I would like to take a moment to acknowledge the Traditional Owners of the land on which we meet today. I pay my respects to Elders past, present, and emerging and recognize the importance of cultural heritage in health and wellbeing.

- Explain any housekeeping information, e.g. evacuation procedures, location of bathrooms, finishing time, any rules, etc

- Explain that if anyone feels uncomfortable with any information in this session, they are welcome to excuse themselves.

This session is about understanding sexually transmissible infections or STIs. We'll be discussing how these infections can happen, who should get tested, available treatments, and ways to prevent infection. This is a safe space to learn and ask questions, and we encourage open discussion. However, if at any point you feel uncomfortable, you are welcome to step out or speak with me privately after the session.

Slide 2

Today we will talk about...



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- ✓ What you need to know about STIs
- ✓ How people get STIs and possible symptoms
- ✓ Who should get tested
- ✓ Where and how to get tested
- ✓ How to treat STIs
- ✓ Preventing STIs
- ✓ Sharing your STI status
- ✓ Getting help and support



2

Facilitator notes:

Let's go through what we will be covering in today's session.

- *We will start with the basics-what you need to know about STIs, including what they are and how they affect your health.*
- *Next, we will discuss how STIs are transmitted and what the possible symptoms might be.*
- *We will then talk about who should get tested for STIs, where and how testing is done. Testing is the only way to know for sure if someone has an STI, so we want to make sure everyone knows their options.*
- *After that, we'll talk about treatment and prevention.*
- *Then we will discuss how and with whom you should share your STI status.*
- *Finally, we will share resources on where you can get more information and support if you need it*

If you have any questions along the way, please feel free to ask.

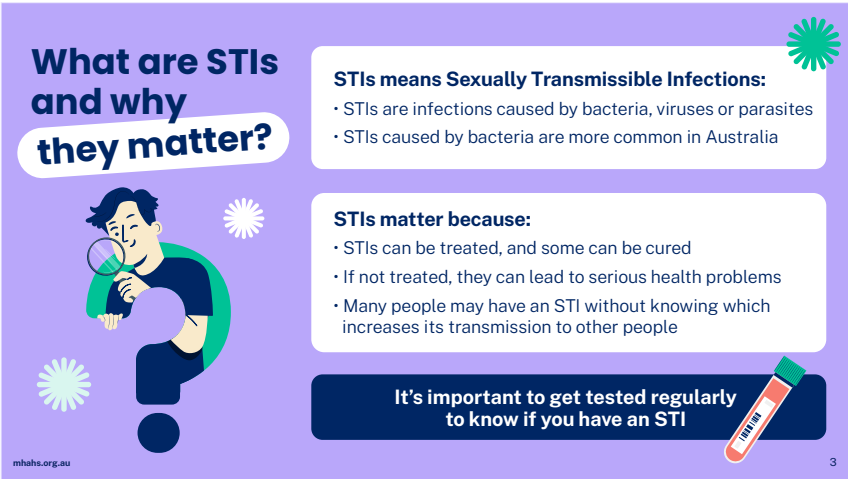
Before we get started, I want to ask a question for you to discuss with the person next you, please.

Discussion:

Ask: *What do you know about STIs and why do you think they matter?*

(Give them some time to discuss the question for a minute or two and let everyone share their answers as a group. Acknowledge everyone's answers and tell them you'll explain more about STIs on the next slide)

Slide 3



What are STIs and why they matter?

STIs means Sexually Transmissible Infections:

- STIs are infections caused by bacteria, viruses or parasites
- STIs caused by bacteria are more common in Australia

STIs matter because:

- STIs can be treated, and some can be cured
- If not treated, they can lead to serious health problems
- Many people may have an STI without knowing which increases its transmission to other people

It's important to get tested regularly to know if you have an STI

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Facilitator notes:

We will now discuss what STIs are and why it's important to learn about them.

- *STIs means Sexually Transmissible Infections. They are caused by bacteria, viruses or parasites.*
- *The most common STIs in Australia are caused by bacteria like chlamydia, gonorrhoea, and syphilis. Unfortunately, many people don't know they have them.*
- *They are common infections. 1 in 6 Australians will contract an STI in their lifetime. Young people aged 20 to 34 are the most affected group.*




STIs matter because:

- *STIs can be treated and some are curable.*
- *If STIs are not treated, they can lead to serious health problems, such as chronic pain, infertility (unable to get pregnant), cancers (e.g. cervical or liver). An untreated STI increases the risk of getting HIV.*
- *STIs often don't show any signs or symptoms. Without testing, people don't know they have an STI, and that makes it possible to pass on the infection to other people during sexual contact including vaginal, anal, and oral sex.*
- *Anyone who is sexually active, particularly men who have sex with men, can get an STI regardless of their age, religion, culture, gender, sexual orientation or relationship status.*

It's important for us to raise awareness about STIs and how people can get tested and treated. In the next slide, we will go through the common STIs but before we do that, does anyone have any questions?

Slide 4

What are the most common STIs?

STIs caused by bacteria:	STIs caused by viruses:	STIs caused by parasites:
<ul style="list-style-type: none">• syphilis• chlamydia• gonorrhea 	<ul style="list-style-type: none">• mpox (monkey pox)• human immunodeficiency virus (HIV)• genital herpes• genital warts• hepatitis B 	<ul style="list-style-type: none">• trichomoniasis (trich)• pubic lice (scabies) 

The most common STIs in Australia are chlamydia, gonorrhea, syphilis

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Facilitator notes:

Let's look now at the most common types of STIs.

- *Syphilis is a bacterial infection and if syphilis is found early, it's easy to cure and treat. If it is not treated it can lead to serious health complications in the brain, eyes and heart.*
- *Chlamydia is also a bacterial infection and the most common STI, particularly among young people aged 15 to 29. It can infect the throat, anus (bottom), urethra (urine passage), cervix (next of the uterus), testicles and eyes. If it's not treated, it can lead to long-term pain and make it hard to have children later (infertility).*
- *Gonorrhoea (also called 'gono') is caused by a different type of bacteria and may infect the throat, anus, urethra, cervix and eyes. Getting treated early helps prevent serious problems like infections in the heart or brain, and infertility.*

Other STIs are caused by viruses such as Mpox (Monkey pox), HIV, genital herpes, genital warts, and hepatitis B; or by parasites like trichomoniasis (trich) and pubic lice (scabies).

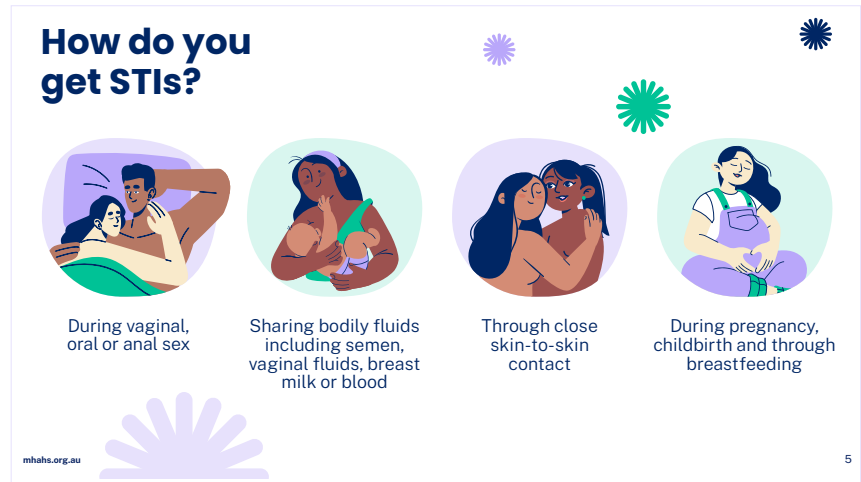
- *The Mpox (Monkeypox) virus mostly affects men who have sex with men, especially those who travel to countries where it is common or who have partners who've recently travelled to those countries.*
- *HIV means Human Immunodeficiency Virus and affects the immune system over time. If not treated, it can lead to AIDS. Treatment for HIV works very well, and people can live a long, healthy life.*
- *Genital Herpes is an infection caused by the herpes simplex virus (HSV). It causes sores around the genitals or mouth; many people don't know they have the virus until the sores appear.*
- *Genital warts are small, painless lumps around the genitals or anus caused by Human Papillomavirus (HPV). Usually, it shows no symptoms, but it can cause serious health problems if not treated.*
- *Hepatitis B is a virus that affects the liver, often with no symptoms; it can be short-term or lifelong but is preventable with a vaccine.*

STIs often don't show any signs or symptoms so they can unintentionally be spread to other people. The only way to know if you have an STI is to get tested.

This session will focus on syphilis, chlamydia and gonorrhea because they are the most common STIs in Australia.

Does anyone have any questions? At the end of the session, we will provide you with information about where to find out more about STIs.

Slide 5



Facilitator notes:

Let's have a look at the ways you can get an STI and how they are passed on to other people:

As I mentioned before, we will focus on the 3 most common STIs caused in Australia -chlamydia, gonorrhea and syphilis.

All three STIs can be passed from one person to another person by sharing body fluids like semen, vaginal fluids, breast milk or blood

- They can be passed from person to person during vaginal, anal and oral sex with someone with the infection, even if the person has no symptoms.
- They can also be passed on by sharing sex toys with someone who has the infection.
- Syphilis can also spread through skin-to-skin contact
- Pregnant women with syphilis can pass the infection to their baby during pregnancy or birth. This is called congenital syphilis. This is serious as it can lead to various health problems in the baby, including stillbirth, premature birth, low birth weight, and long-term neurological issues. Early diagnosis and treatment of syphilis in pregnant women can prevent congenital syphilis.

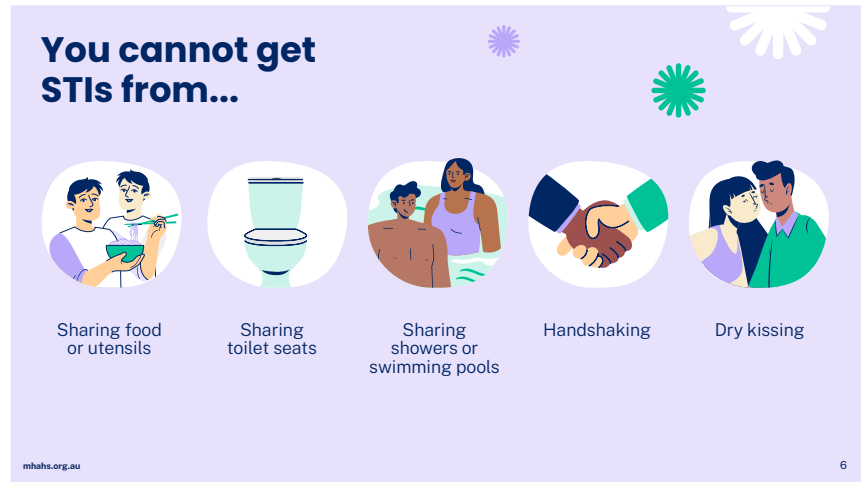
Additional information if you have time to share with your participants:

- Some STIs can also spread through intimate skin-to-skin contact or kissing like mpox, genital warts (HPV), herpes and syphilis.
- Some STIs, like gonorrhoea, chlamydia, hepatitis B, and genital herpes can be spread from the mother to the baby as the baby passes through the birth canal. HIV, syphilis and herpes can be transmitted to babies through breastfeeding.
- Mpox can spread through contaminated objects like bed linen, clothing or towels; close contact with rashes, blisters or sores on skin; coughing or sneezing
- HIV can spread through body fluids like blood, semen, anal fluids, vaginal fluids and breast milk from someone who has HIV and is not on treatment. People who are on HIV treatment and have an undetectable viral load cannot pass HIV to others.
- Hepatitis B can be passed on when blood, semen, or other body fluids from a person with hepatitis B enters the body of someone who does not have hepatitis B.

People who are sexually active, should have an honest and open talk with their doctor and get tested for STIs.

Does anyone have any questions before we move to the next slide?

Slide 6



Facilitator notes:

Now let's have a look at how you cannot get STIs:

- *You can't get STIs by sharing food and drinks or by using the same plates or cups. STIs are usually spread through sexual contact or bodily fluids.*
- *You can't get STIs from toilet seats, swimming pools or showers.*
- *You won't get an STI from shaking hands or hugging someone who has an STI.*
- *You usually can't get STIs from kissing. But there's a small chance of getting STIs like syphilis, gonorrhoea, chlamydia from wet kissing. A **wet kiss** is when the tongue and saliva are used in kissing. That's because these infections can be in the mouth or throat of an infected person.*

Let's move on to the next slide about common symptoms of syphilis, chlamydia and gonorrhoea.

Before we do that, does anyone have any questions or anything they'd like to share?

Slide 7

Common symptoms of syphilis

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- ✓ Sores in or on the mouth, penis, vagina, anus or cervix
- ✓ Red rash on the hands, back, chest or feet
- ✓ Swollen glands in your armpits or groin
- ✓ Fever
- ✓ Hair loss
- ✓ Headaches
- ✓ Tiredness

If not treated, syphilis can lead to serious issues



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Facilitator notes:

Many people with STIs may have no signs or symptoms of the infection. That's why it's very important to get regular STI checks from your doctor, even if you feel healthy. Let's talk about the most common symptoms of syphilis.

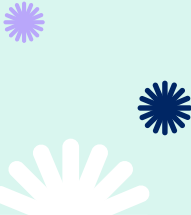
- Syphilis is an STI that develops in stages. Each stage has different symptoms. If any symptom appears, it may happen between 10 to 90 days after infection (first stage). These symptoms can be:
 - sores in or on the mouth, penis, vagina, anus, or cervix
 - red rash on the hands, back, chest or feet
 - swollen glands in your armpits or groin
 - fever
 - hair loss
 - headaches
 - tiredness
- Even when the symptoms go away and are not visible anymore, the infection is still in your body and you can still pass syphilis on to other people during sex.
- A pregnant mother can pass syphilis to her unborn baby (foetus) in the womb.
- If you don't get treated for syphilis, the infection can cause serious health problems to your heart, brain, spinal cord, eyes and bones.

Syphilis is easy to treat if you find it early. So, getting regular STI checks is very important, even when you feel fine. In the next slide, we'll talk about the common symptoms for the other STIs.

Before we move on, does anyone have any questions?

Slide 8


Common symptoms of chlamydia and gonorrhea



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- ✓ Penis/urethral and vaginal discharge
- ✓ Pain in the pelvis
- ✓ Bleeding from the vagina
- ✓ Pain while peeing
- ✓ Pain during or after sex
- ✓ Pain in the testicles
- ✓ Anal pain or discharge
- ✓ Painful when passing stool

Regular testing is the only way to check if you have an STI



Facilitator notes:

The signs and symptoms for chlamydia and gonorrhoea are very similar and they often affect the same areas of your body. However, most people don't usually feel sick or don't have any signs or symptoms. When they appear the most common signs to look for are:

- Discharge can appear from the vagina or from the urethra or the tip of the penis. This means fluid that looks or smells different and is not urine or semen. The urethra is the tube that carries urine and semen out of your body.
- Pain in the pelvis (this is the area of your body below the stomach, between the hip bones which is where the bladder and anus are located)
- Bleeding from the vagina
- Itching, pain or burning while peeing
- Pain during or after sex
- Pain, swelling or redness of the testicles
- Anal pain, discharge or bleeding
- For gonorrhoea, people may feel pain during bowel movements (when passing stool).

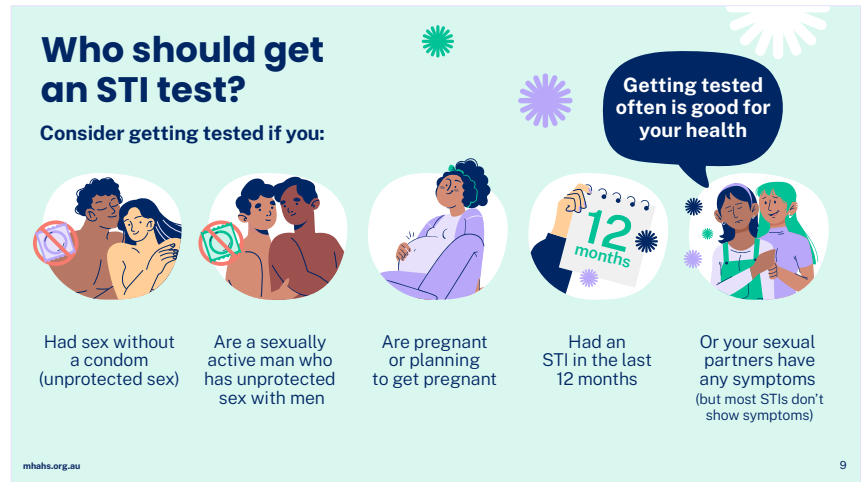
You usually get symptoms from chlamydia between 2 to 14 days after infection.

For gonorrhoea, it's usually 2 to 5 days. But even if you feel fine, these infections can still harm your health if not treated. That is why regular testing is very important.

When chlamydia or gonorrhoea are not treated, they can damage a woman's reproductive system leading to infertility. If not treated in men, they can cause pain, swelling in the testicles, and problems with urinating. In some cases, they can lead to infertility, which means it can be harder or impossible to make someone pregnant.

Before we move on to STI testing, does anyone have any questions about the symptoms or have any story to share?

Slide 9



Facilitator notes:

As we discussed previously, many people with STIs have no symptoms. That's why getting regular testing is important, even if you feel fine.

Read out slide.

So, anyone who is sexually active should get regular STI tests, regardless of age, gender, sexual orientation or relationship status.

It is important to know that:

- Many STIs have no symptoms at all, so that is why regular testing is important.
- How often you test will depend on your sexual activity and other health risk factors. Talk to your healthcare professional about your risk.
- All sexually active men who have sex with men should have a sexual health check-up every 3 months.
- It is recommended to be tested for gonorrhoea, chlamydia, syphilis and HIV every 6-12 months, when you change partners or if you have any symptoms.
- Consider getting tested as well if you think the condom broke or slipped off during sex.
- Regular testing can prevent serious long-term health complications.

Slide 10

What are the types of tests for STIs?

syphilis

- a blood test
- a swab of the ulcer or sore

chlamydia and gonorrhoea

- a urine sample
- a swab from vagina, anus or throat

Regular testing is the only way to check if you have an STI

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Facilitator notes:

Let's now go through the types of tests for STIs.

There are 3 types of STI tests. You may have to take:

- A urine sample
- A swab of your throat, anus or vagina
- A blood test.

For a syphilis test:

- You'll need to do a blood test with your doctor.
- If you have any symptoms, like an ulcer or sore, the doctor or nurse will do a swab test of the ulcer or sore.
- This is because it can take longer for positive results to appear in blood tests.
- Your doctor or nurse may ask you to repeat the test at 12 weeks after a recent exposure.

For chlamydia and gonorrhea, the tests are the same:

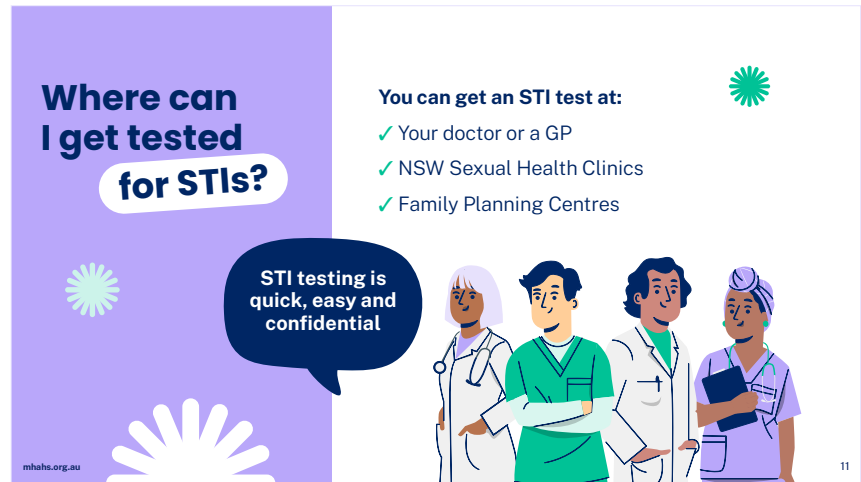
- You'll need to take a urine sample (that means peeing into a small jar) or a swab test from the vagina, anus or throat.
- These swabs and urine sample can be self-collected, which means you don't need a nurse to do it for you. They will give you the swabs, and you can do them yourself at home or in a private area of the clinic.

If you test is positive for any of these three STIs, you should:

- See your doctor or nurse, so they can treat you right away.
- Talk with your doctor or nurse about which sexual partners you think may be at risk. They can help you contact them if you think they may be at risk.

The important message is that regular testing is the only way to check if you have an STI. Getting an STI test is quick, easy and confidential in NSW. We'll talk about the places you can get tested on the next slide. Before we move on, does anyone have any questions?

Slide 11



Facilitator notes:

Now that you know more about the types of tests that can be done, let's talk about where you can get tested for STIs in NSW:

An STI test is available to anyone at:

- *Your own doctor's clinic or any General Practitioners (GP). They can offer a sexual health screen for free, so long as you have access to Medicare and the GP offers a bulk-billing service. If you don't have a GP, you can find one on the Healthirect website.*
- *STI testing is not part of the usual blood tests, so you have to specifically ask for an STI check.*
- *NSW sexual health clinics are public and free for everyone, even if you don't have Medicare. You can find one in your area by searching the website as "NSW Sexual Health Clinics". You can call the NSW Sexual Health Infolink on 1800 451 624*
- *Family Planning clinics provide reproductive health services and sexual health check-ups, including STI screenings. You can contact them for more information on 1300 372 372*

Emphasise that:

- *It's recommended you get tested every 6-12 months, when you change partners, or if you show any symptoms.*

Slide 12

STI Testing: What might you be asked?



- ✓ Do you have any symptoms you're concerned about?
- ✓ When was the last time you had sex?
- ✓ Have you ever been tested for STIs before?
- ✓ Do you have sex with people with a penis, a vagina or both?
- ✓ You can get STIs in your throat, bottom or genitals.
Do you think we should test any of these sites?
- ✓ When was the last time you had sex without a condom?
- ✓ Do you use other contraception?
- ✓ Have you ever had unwanted sex?

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Facilitator notes:

When getting an STI test in NSW, your doctor or nurse may ask you a few personal but important questions to help them give you the best care they can:

- *These questions can be about your sex life and can be confronting, but everyone is asked similar questions when they get tested for an STI.*
- *It's important to understand the type of sex you're having and who you have sex with, so the doctor or nurse can decide which tests you need.*
- *The answers to the questions are kept confidential.*

Let's go through these questions one by one and let me know if you have any questions:

- *Do you have any symptoms you're concerned about?*
- *When was the last time you had sex?*
- *Have you ever been tested for STIs before?*
- *Do you have sex with people with a penis, a vagina or both?*
- *You can get STIs in your throat, bottom or genitals. Do you think we should test any of these areas?*
- *When was the last time you had sex without a condom?*
- *Do you use other contraception?*
- *Have you ever had unwanted sex?*

Before we move on to the next slide about treatment, does anyone have any questions about this slide?

Slide 13



Facilitator notes:

Now that we've talked about how and where you can get tested in NSW, let's talk about the treatment available for STIs:

- Syphilis, gonorrhoea and chlamydia can all be treated and cured with antibiotics. After you have finished treatment, you will be tested again to make sure you are cured.
- There are no vaccinations yet available for syphilis, chlamydia or gonorrhoea. So, the best way to prevent from getting an STI again is to use a condom or dental dams during anal, oral and vaginal sex.
- You can get the same STI again or a different STI even after treatment. This is called reinfection. It can happen if you:
 - have sex without a condom with a new partner or someone who has an STI
 - didn't finish taking all your medicine or antibiotics from your last STI treatment

During your treatment, avoid sex for seven days and until any symptoms have gone and your sexual partners have tested negative or been treated for STIs.

You can talk to your doctor or give the pharmacy a call and they'll be able to give you advice about costs.

Any questions before we move on?

Slide 14

How can I protect myself from STIs?

Having safe sex is the best way to protect yourself

Use condoms or dams when having any type of sex, including:

- ✓ Vaginal sex
- ✓ Anal sex
- ✓ Oral sex



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14

Facilitator notes:

Now we'll discuss the ways you can protect yourself and others from getting STIs.

Discussion:

Ask: How would you and your partner define 'safe sex' in a committed relationship?
Do you think partners who have been together for a long time still need to use condoms?
(Acknowledge everyone's answers)

- Using condoms or dams during sex is the best way to protect yourself and others from STIs. This includes vaginal, anal or oral sex.
- Use condoms with water-based lubricant. For oral sex, use a dental dam (a thin latex sheet placed between mouth and vagina or anus).
- Talk to your partner about safe sex and consent before having sex.
- Don't have sex if your partner has a sore or lump around their mouth, genitals or anal area.
- Don't share sex toys. If you do, use a new condom for each person and wash the toys well after each use.
- Get tested for STIs regularly - every 6-12 months or at least once a year. If you have a new sexual partner or many partners, get tested more often.
- If you are a man that has sex with men, have a sexual health check up every 3 months.
- Ask your doctor for 'doxy-PEP'. It's an antibiotic to protect you from getting syphilis and chlamydia but not gonorrhoea. Regular testing is still important.

Before we move on to the next slide about disclosure or how to tell people about your STI status, does anyone have any questions?

Slide 15



Do I need to tell anyone I have an STI?

- ✓ Not legally required to tell someone
- ✓ Important to tell your sexual partners
- ✓ Responsible for taking reasonable precautions
- ✓ Criminal offence if transmission is intentional

Having an STI is very common. There is no need to be ashamed

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Facilitator notes:

In Australia, there are laws that protect you from discrimination. People should not treat you differently just because you have an STI. You can seek legal advice if they think you've been discriminated or mistreated because of your STI status or if a health worker has breached your privacy.

- You are not legally required to tell anyone that you have an STI.
- But it's important to tell any sexual partners that you have an STI, so they can get tested and treated too.
- Your doctor will help you decide who you need to tell and how to tell them.
- With your consent, nurses and doctors can also notify you sexual partner/s about STI infection without telling them who you are.
- You're responsible for taking precautions to stop the spread of STIs and BBVs. NSW Health considers that reasonable precautions against the spread of STIs include:
 - taking a prescribed antibiotic course for bacterial STIs
 - using a condom
 - in the case of HIV being on effective HIV treatment and have an undetectable viral load.

Any questions?

Slide 16

What have we learnt today?



True or False

1. Only people with multiple sexual partners get STIs.
2. You can tell if someone has an STI by looking at them.
3. You can get STIs by sitting on a toilet seat.
4. Condoms can completely protect against all STIs.
5. You can only get STIs from vaginal sex.

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Facilitator notes:

We have covered a lot of information today, and I hope you have learnt a few things about STIs. Let's do a recap! Talk to the person next to you and decide if these statements are True or False.

If they are false, discuss between the two of you what is the true information.

True or False:

1. **Statement:** Only people with multiple sexual partners get STIs. **(False)**
True response: Anyone who is sexually active can get an STI — even in a committed relationship.
2. **Statement:** You can tell if someone has an STI by looking at them. **(False)**
True response: Most STIs don't show visible signs or symptoms. You can't tell if a person has an STI just by looking at them.
3. **Statement:** You can get STIs by sitting on a toilet seat. **(False)**
True response: Most STIs don't survive for long outside the human body. So, they can't spread by sharing toilet seats. They are passed on through sexual contact.
4. **Statement:** Condoms can completely protect against all STIs. **(False)**
True response: Condoms help reduce the risk, but don't protect against all STIs 100% (like Mpox, herpes or warts that spread by skin contact). It's important that the condom doesn't break or slip off.
5. **Statement:** You can only get STIs from vaginal sex. **(False)**
True response: STIs can also be passed through oral and anal sex, and sometimes from skin-to-skin contact.

Slide 17



Where can I get help?

To find a doctor or GP
www.healthdirect.gov.au/australian-health-services

Sexual Health InfoLink
www.shil.nsw.gov.au or 1800 451 624

Legal services (HALC)
www.halc.org.au or (02) 9492 6540

Let Them Know
<https://letthemknow.org.au>

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Additional callouts from the slide:
• No Medicare card required (for Sexual Health InfoLink)
• A free notification service (for Let Them Know)

Facilitator notes:


This slide outlines the services that can provide you with help if you have an STI.

- *If you don't have your own doctor you can go to the Healthdirect website to find one in your area.*
- *The Sexual Health Infolink is staffed by experienced sexual health nurses that can provide you with specialist support and information about STIs.*
- *HALC (HIV/AIDS Legal Centre) provides free legal assistance to people with HIV or hepatitis.*
- *Let Them Know is a free service for people who have been diagnosed with an STI to easily let their sexual partners know they might be at risk.*

Visit the websites for more information about each service.

Slide 18

Where can I find more information about STIs?



mhahs.org.au

Multicultural HIV & Hepatitis Service
www.mhahs.org.au

Sexual Health Plus
www.health.nsw.gov.au/sexualhealth

Health Direct
www.healthdirect.gov.au/sexually-transmitted-infections-sti

International Student Health Hub
www.internationalstudents.health.nsw.gov.au/sti
(with translated factsheets in Nepali, Hindi, Thai and Mandarin)

Play safe
www.playsafe.health.nsw.gov.au
(sexual health information to young people across NSW)

Family Planning Australia
www.fpnsw.org.au

18

Facilitator notes:

This slide shows you the information about where you can more information about STIs if you need it.

- If English is not your first language, the Multicultural HIV and Hepatitis Service website has information in different languages.
- You can visit the Sexual Health Plus website to find information on STIs such as chlamydia, gonorrhoea and syphilis or BBVs such as HIV and hepatitis and to seek professional advice if you are worried about having an STI or BBV.
- At the Health Direct website, you can get free health information and advice 24/7 either online, via the app or the telephone helpline. They can help connect you to the right doctor and health care. And if you type 'STI' in the search field, you can also get more information about STIs.
- The International Students Health Hub website has sexual health information specifically designed for international students in NSW. It gives information about the Australia healthcare system, the overseas student health cover, consent, sexual education, where to get tested, safe sex etc
- You can visit the Play Safe website to learn more about healthy sex, STI testing and condoms
- Family Planning Australia website has a range of information on STIs for you to read more about.

Does anyone have any questions before we move on?

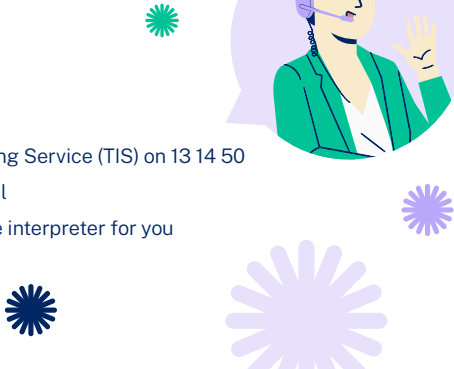

Slide 19

Where to get help in your language?

If you need assistance with talking to your doctor or health provider in your language:

- ✓ Call the Translating and Interpreting Service (TIS) on 13 14 50
- ✓ The service is free and confidential
- ✓ Ask the receptionist to book a free interpreter for you

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Facilitator notes:

We know that talking about health can be difficult, and even more so if English isn't your first language. So, if you or someone you know does not speak English, you still have full access to health services in Australia.

- You can use the Translating and Interpreting Service (TIS National) to speak to a healthcare provider in your own language. Just call **13 14 50** and ask for an interpreter.
- This service is free, confidential, and available 24/7 in over 160 languages.
- You can ask for an interpreter. The receptionist can organise it for you. You don't have to pay.
- TIS can help you book appointments to talk to your GP or specialist


Save the number or take a photo of the slide for future use.

Slide 20

Messages to take away

- ✓ Most STIs don't show any symptoms, the best way to know if you have it is to get tested.
- ✓ If STIs are not treated, they may lead to serious health problems.
- ✓ STI testing is quick, easy, confidential and often free at sexual health clinics.
- ✓ Get tested regularly.
- ✓ All STIs are treatable and some STIs are curable.

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Facilitator notes:

We have covered a lot of information today about STIs, but before we finish, here are 5 key messages I really want you to take away with you:

- *You may not have any symptoms of STIs, so the only way to find out is to ask your doctor or nurse for an STI test.*
- *STIs can lead to serious health problems if they are not treated. That's why getting tested is important.*
- *Getting an STI test is quick, easy and confidential. You don't need to give your real name and it's free at NSW sexual health clinics.*
- *People who are sexually active should get tested regularly, to be treated straight away if the result comes back positive.*
- *Fortunately, all STIs are treatable and some are curable.*

If you have any questions, please feel free to ask.

Slide 21

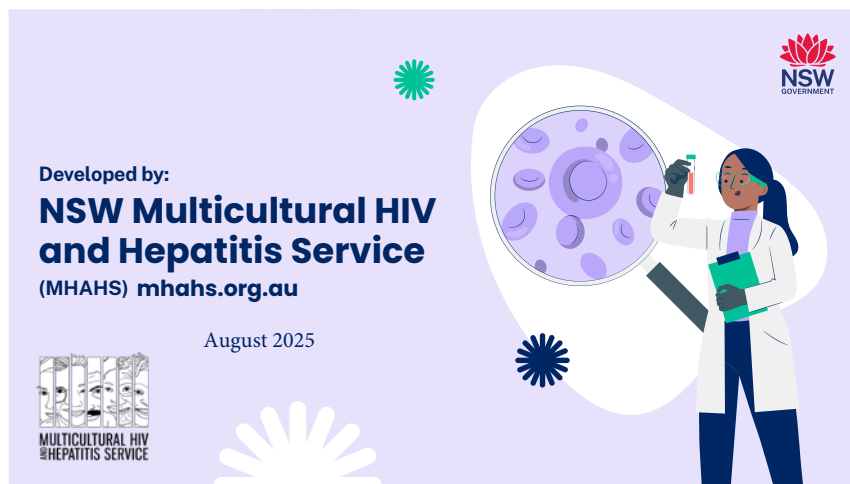


Facilitator notes:

Are there any final questions?

Thank you everyone. We hope that you can take some of the information you learnt today and pass it on to your communities.

Slide 22

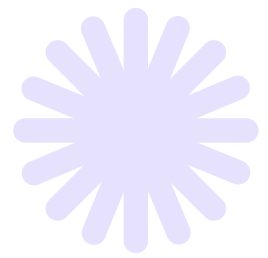


The MHAHS supports people from diverse cultural and language backgrounds across New South Wales to address HIV, hepatitis B, hepatitis C, and sexual health. It works with communities to provide information, education, and support to improve access to health care for all.

The MHAHS also partners with health services and community organisations to provide culturally tailored health education and multilingual programs to empower communities with knowledge and tools they need to navigate the health care system confidently.

Email: info@mhahs.org.au

Website – multilingual information on HIV, hepatitis B and C, STIs and liver health



Sample Evaluation Form

Topic.....

Date..... Language.....

Age..... Gender.....

1. Did the speaker explain things in a way you could understand?

☐ Yes, always ☐ Yes, sometimes ☐ No

2. Did you feel you were treated with respect and dignity
(e.g. with courtesy, care and kindness) while you were in the session?

☐ Yes, always ☐ Yes, sometimes ☐ No

3. Would you recommend this session to a friend or family?

☐ Yes ☐ No

4. What is one thing you have learnt from this session?

.....

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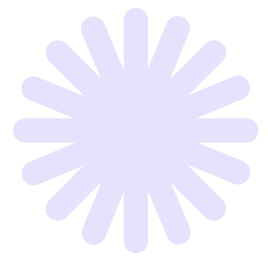
5. Do you have any comments or suggestions?

.....

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.....

.....



Glossary

AIDS: AIDS: Acquired Immune Deficiency Syndrome: A group of illnesses of the immune system caused by the Human Immunodeficiency Virus (HIV). There is no vaccine and no cure.

Antibody: something that your immune system makes to fight things that are not normally part of the body, like viruses, germs. The body can remember some antibodies and that helps keep us protected from infection.

Antiretroviral treatment therapy (ART): is the HIV treatment. It uses a combination of different drugs for ongoing treatment of people living with HIV.

Bacteria: very small living things or ‘bugs’ that cause diseases.

Blood-borne: It refers to diseases or infections that can pass from one person to another through blood, like hepatitis B and C. These infections can spread also through things like sharing needles, blood transfusions, cuts and wounds coming into contact with infected blood.

Blood-to-blood contact: it happens when the blood from one person mixes with the blood of another person. It can spread blood-borne diseases like hepatitis B and C, HIV.

Bulk billing: if your doctor bulk bills, your visit is free because Medicare pays the doctor. If your doctor does not bulk bill, you pay the doctor and then you claim some money back from Medicare.

Cell: The smallest part of a human body. The body is made of millions of cells. Alone each cell is too small to be seen.

Chlamydia: an STI caused by a germ (a bacteria) that is passed during oral, anal or genital sex from one person to another.

Chronic: a disease or symptom that lasts for a long time, usually months or years, and often doesn’t go away completely.

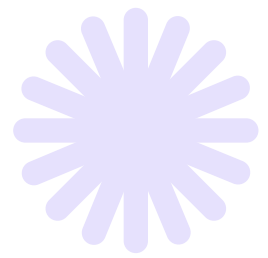
Condoms: a thin rubber (latex) bag which fits on a man’s erect penis to stop pregnancy, and reduce the chance of passing on sexually transmissible infections (STIs) or viruses.

Confidentiality: means keeping personal information private and not sharing it without permission. Medical confidentiality means anything you tell your doctor or nurse must, by law, be kept private between the two of you and the organisation they work for.

Congenital syphilis: is a health condition that happens when a pregnant woman with syphilis passes on the infection to her baby during pregnancy or birth.

Consent: means to ‘agree’ to something. Another word for consent is ‘permission’. When a person agrees to do something without anyone forcing them to do it, they are consenting to it. It’s, for example, when a patient agrees to a medical procedure, treatment, or test after being explained what it involves.

Contraception: is a way of birth control to prevent a woman getting pregnant. A birth control.



Glossary

Detectable viral load: means there is enough HIV in a person's blood that a test can see it. A person with a detectable viral load can still pass HIV to other people through blood, semen, vaginal or anal fluids, breast milk, or shared needles.

Diagnosis: the conclusion a doctor may reach after examining, doing tests and talking with their patients.

Diarrhea: is when you have frequent, loose, or watery stools three or more times a day. It usually lasts for a short time, but it can be persistent, lasting a long time. It can be caused by infections or certain food or medications.

Discrimination: Treating someone unfairly because they are different (immigrants, women, persons living with HIV/ AIDS or persons with a disability). In Australia many types of discrimination are against the law.

Disease: Illness, sickness

Discharge: any fluid that has unusual colour or smell and that is not urine or semen.

Genital area: is your private parts, or the sex organs outside your body like penis, vagina, testicles (male's balls)

Gonorrhoea: an STI caused by a germ (a bacteria) that you get through sexual contact without condom.

Hepatitis: An inflammation of the liver due to viruses or drug or alcohol use.

HIV: The Human Immunodeficiency Virus which can cause AIDS.

HIV+ or HIV positive: A person becomes HIV positive when they have been infected with HIV. The word 'positive' is used because testing the blood shows that HIV is in their body. A negative test would be one where the virus was not shown to be present.

Immune system: The body's system for fighting infections and disease. HIV destroys part of the immune system so that a person with HIV is less able to fight off infections.

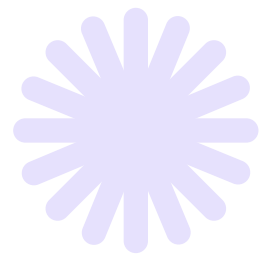
Infection: a sickness you get from germs. Infections can be caused by viruses, bacteria, fungi and parasites.

Lice: are tiny, wingless bugs that feed on human blood. They are spread from person to person through close contact and by sharing belongings.

Liver: the largest organ inside your body. It helps to digest food, store energy, and remove poisons from your body.

Lube or lubricant: A slippery liquid. When talking about safe sex a lubricant is a slippery water-based liquid (jelly) that should be used with a condom to stop the condom ripping or tearing.

Medication: is a drug or medicine used to treat diseases and other health conditions.



Glossary

Parasite: is an animal that lives on a host's body (another animal or person). It gets the nutrients from the host to survive. Parasitic sexual infections mean are contagious and passed on sexually by sharing towels and bedding, getting close and intimate with someone who has one of these infections.

Scabies: an itchy skin condition caused by a tiny bug called mite.

Semen or sperm: The liquid which comes out of the penis during sex when a man is very sexually excited.

STI: means Sexually Transmissible Infection - A disease which can be passed from one person to another during sex. HIV is an STI, but it can be passed through blood to blood contact and from mother to child during pregnancy, childbirth or from breast milk.

Side effect: a possible negative reaction to medication or treatment.

Symptom: a sign of disease or sickness. It's something that is different in your body that might mean you have sickness. Symptoms help doctors and nurses work out what the sickness is.

Test: A way of finding an illness by taking blood or body fluids from a person and carefully looking at them.

Transmission: the passing of a disease from one person to another.

Treatment: something that a person does so that they can stay healthy or get better. It can involve taking medicine, or other therapy to treat or cure a disease, and/or change in lifestyle.

Undetectable viral load: means HIV medicines have lowered the amount of virus so much that the blood tests cannot find it. When the virus is undetectable (and the person keeps taking their medicine everyday), they cannot pass HIV to others.

Unprotected sex: Having sex without using condoms or dams.

Unsterile: something that is not clean or free of germs, bacteria, or viruses.

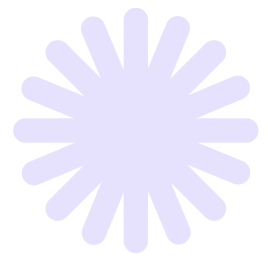
Urethra: a tube that carries urine and semen out of your body.

Vaccine: a shot that protects you from certain diseases like hepatitis B or Mpox. Also called immunization. Vaccines make our immunity stronger.

Vaginal fluid: The natural lubricant inside the vagina.

Viral load: The amount of a virus (for example, HIV or hepatitis C) that is found in a person's blood if they are infected with that virus.

Virus: it is a type of germ (microbe, micro-organism) that can cause infection and make you sick which antibiotics cannot fight. Monkeypox, HIV and hepatitis A, B and C are viruses.



Links to further information and resources

These are links to websites you can use to find more information on STIs:

Multicultural HIV and Hepatitis Service (MHAHS) works with CALD communities in NSW to improve health and wellbeing in relation to HIV, hepatitis B, hepatitis C and sexual health. MHAHS works with 20 language groups to implement a range of health promotion, community development and media initiatives.

www.mhahs.org.au

Sexual Health Infolink is a statewide, nurse led, NSW Health Service. They provide the public with information on HIV, hepatitis and STIs, PrEP and PEP, where to get tested and support for complex contact tracing.

www.shil.nsw.gov.au/

ASHM provides support to the HIV, viral hepatitis and sexual health workforce. The website includes up to date information on HIV, hepatitis and sexual health.

www.ashm.org.au

Healthdirect Australia is a national virtual health information service.

www.healthdirect.gov.au

NSW Health is the umbrella organisation that funds and supports Local Health Districts and other NSW Health government organisations.

<https://www.health.nsw.gov.au/infectious/factsheets/>

CDC is an American organisation with a sophisticated website that has accurate and up to date health information on a variety of health topics

<https://www.cdc.gov>

ACON is a community based organisation that works with a diverse range of people to provide support and education around issues relating to HIV and sexual health.

www.acon.org.au/

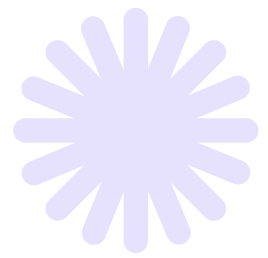
www.endinghiv.org.au/

Family Planning Australia is a statewide community organisation that provides face to face healthcare and an extensive health promotion service on a range of health topics. The FPNSW website has factsheets and various resources in multilingual languages.

www.fpnsw.org.au

Play safe is a NSW Health's sexual health website for young people. There is information on STI/HIV, testing, treatment, contraception, sexual functioning and sexuality.

<https://playsafe.health.nsw.gov.au/>



Links to further information and resources

International Student Health Hub has reliable and easy-to-understand information about sexual and reproductive health mostly for international students. It covers topics like STIs, sexual health, health insurance, the Australian healthcare system, relationships, contraception, and more.

<https://internationalstudents.health.nsw.gov.au/sti/>

The HIV AIDS Legal Centre (HALC) is a not-for-profit specialist community legal centre that provides free and comprehensive legal assistance to people with HIV or hepatitis-related legal matters.

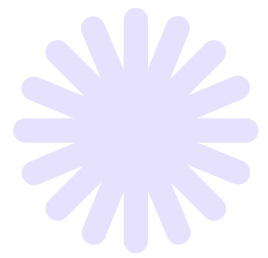
www.halc.org.au/

Translating and Interpreters Service (TIS) is a national interpreting services for people with limited English proficiency and for agencies and businesses that need to communicate with their non-English speaking clients.

www.tisnational.gov.au/

World Health Organization (WHO) has factsheets and statistics on various health topics. These fact sheets include clear, up-to-date information on common sexually transmitted infections (STIs), like chlamydia, gonorrhoea, syphilis, and HIV.

<https://www.who.int/health-topics/sexually-transmitted-infections>



Frequently Asked Questions (FAQs)

These are some of the common questions that people from CALD backgrounds may have about STIs which may have not been covered in the content of this education session.

How often should I get tested for STIs?

Regular sexual health check-ups with your doctor are important because STIs often don't show symptoms. Testing for STIs is recommended every 3 months for all who have had any type of sex with another man in the previous 3 months. Men who have sex with men should get tested for HIV as well, as part of their annual sexual health check-up.

What does screening for STIs mean?

Screening for STIs means medical testing on people who look well and have no symptoms to check if they are at risk of getting STIs.

Can I get STIs from kissing?

Yes. Herpes is one of the sexually transmissible infections (STIs) that can be easily passed on through kissing, because it can be spread by sharing saliva. The most noticeable symptom is a small white and red blister on the mouth or genitals. Touching or kissing an active sore can transmit the virus. The virus can also be spread when no symptoms are present.

Can I get an STI even if I've only had sex once or with one partner?

Yes. You can get an STI even if you've only had sex once or with only one partner. This is because STIs can be passed during a single sexual contact whether it's vaginal, oral or anal sex.

What do I do if the condom breaks?

Don't panic. Stop what you're doing, withdraw, remove the broken condom and dispose of it. Put on a new condom and carry on with what you were doing. Get an STI test after 7 to 14 days, unless you notice any symptoms earlier. Getting tested earlier than that period, might mean that any STIs are not picked up by the test.

Is using two condoms better than one?

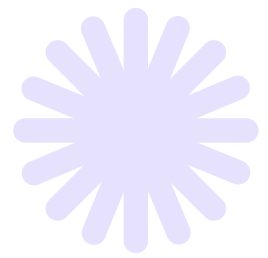
No, it's not. Using any type of two condoms at the same time will increase the risk of the condom breaking and is not effective. Using one condom with water-based lubricant is all you need to have safe and healthy sex life. You can get condoms from your local supermarket, chemist and at most university health clinics.

Does pulling out before ejaculating mean I can't get an STI?

No, it doesn't. The withdrawal method is when the penis is removed from the vagina before ejaculation occurs. It is not a reliable form of contraception and does not provide protection from STIs. Condoms are the best protection against unplanned pregnancy and STIs.

Can an STI be passed from a pregnant woman to her baby?

Yes. Syphilis can be passed on to an unborn baby during pregnancy. Gonorrhoea, chlamydia, hepatitis B and genital herpes can be passed on from the mother to the baby as the baby passed through the birth canal. Congenital syphilis happens when a pregnant woman with syphilis passes on the infection to her baby during pregnancy or birth.



Frequently Asked Questions (FAQs)

Can I catch an STI from a public toilet?

You cannot get an STI from using any toilet, or from kissing, hugging and sharing foods. STIs are passed on from a person with an infection to another often through sex without a condom.

What is the cost of an STI test?

Sexual health clinics are free and usually you can walk in without an appointment or referral. Private doctors or GP's fees can vary, pathology tests are often bulk billed, so these may be free if you have a Medicare card.

Who can see my test results?

In most cases the results of your STI test will be confidential, like other healthcare information collected about you. There are some exceptions, so if this a concern for you, you should talk to your healthcare professional about it. Information about your condition is not shared with your insurance company or your employer.

Can I tell if someone has an STI by looking at them?

No. You cannot tell if someone has an STI or HIV by looking at them. Get tested regularly and use condoms for the best protection.

How are STIs treated?

The most common STIs are treatable, typically with antibiotics or antivirals.

Are there any STIs that can't be cured?

Although all STIs can be treated, some are not curable. Gonorrhoea and chlamydia are both treatable and curable. Herpes and HIV are not curable, but they can be managed effectively with different medications. In many cases, there are treatments to help control the virus and help prevent symptoms and onward transmission to sexual partners.