

**Sexually
Transmitted
Infections**

SOAIDS



Prevention – Testing – Treatment

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Why this leaflet?

Anyone who has sex could catch an STI. Every year more than 100,000 people in the Netherlands are infected with an STI. Many of them feel ashamed about it.

An STI is a sexually transmitted infection. It's a disease that you can catch by having unsafe sex. There are different kinds of STIs. Some of them are serious, others simply a nuisance.

This leaflet gives you information about STIs. It includes lots of tips about how you can best protect yourself against infection, and what you can do if something has gone wrong.

This is what you'll find in the leaflet:

- What are STIs?
- How do you catch an STI?
- How can you make sure you don't catch an STI?
- How do you know that you have an STI?
- How can you get tested for STIs?
- Where can you get tested for STIs?
- What should you do if you have an STI?
- Which STIs are the most common in the Netherlands?

Sexually transmitted infections

What are STIs?

STIs are sexually transmitted infections. They are diseases that you can catch by having unsafe sex. There are different kinds of STIs. Some of them are serious, others simply a nuisance.

Viral STIs

STIs caused by viruses are called viral STIs. Once you've caught a viral STI, the virus will remain in your body. This means that the symptoms may recur over and over again. Viral STIs are: genital herpes, hepatitis B, genital warts and HIV. HIV is the virus that can cause AIDS.

Bacterial STIs

STIs caused by bacteria are called bacterial STIs. These infections can be completely cured, but it is important that you don't wait too long before going to see a doctor. Otherwise the STI could have some unpleasant complications. Examples of bacterial STIs are: chlamydia, gonorrhoea and syphilis.

Finally, there are also STIs that are caused by parasites, such as pubic lice.

▶ On page 17/21 you can read more about the various STIs. What will you notice, what symptoms could you have, and how dangerous are they?

How do you catch an STI?

by having unsafe sex

You can catch an STI by having unsafe sex. Unsafe sex is penetration without using a condom and oral sex without using a condom or dental dam.

- ▶ **Watch out:** you can also catch an STI from body rubbing. This is when the penis doesn't enter the vagina or anus. You just rub them against each other. But it's still a way to pass on or catch an STI.

other ways

HIV and the hepatitis B virus can be transmitted by blood. For example, by sharing needles and syringes when you take drugs. Or if you have a tattoo or a piercing done and the equipment isn't clean. A mother can pass on HIV or hepatitis B to her baby during birth or breastfeeding.

▶ Important to remember:

- You won't always know that you have an STI. You may have no symptoms or only vague ones. But without you noticing it, the STI could be damaging your body. And you could pass it on to someone else.
- It's easier to become infected with HIV if you already have another STI. STIs can cause cuts and sores. That makes it easier for HIV to enter your body during unsafe sex.
- You can't see whether someone has an STI. Nor can you see whether someone has HIV. The only way to know for sure whether you have an STI or HIV is by having yourself tested.

Prevention

How do you prevent an STI?

Safe sex

Safe sex is the best protection against STIs.

What is safe sex?

Safe sex is sex with a condom. Here are the most important rules for safe sex:

- Use a condom for sexual intercourse (penis in the vagina).
- Use a condom with plenty of lubricant for anal intercourse (penis in the anus).
- Use a condom for oral sex (penis in the mouth).
- Use a dental dam or cut-open condom for licking the vagina.

- ▶ **Remember this:** always use reliable condoms! Reliable condoms have a CE mark on the pack or the box.

Can you have safe sex without a condom?

- Do you always have sex with the same person, and does he or she only have sex with you? And do neither of you have an STI? Then sex is safe without condoms. Because you can't give each other an STI. But remember this: the only way to know for sure whether neither of you have an STI is by having yourself tested. When someone becomes infected with HIV, syphilis or hepatitis B, then a test can only prove that after three months. That's why it's important to always use condoms for the first three months of a relationship. Because during that period you won't yet know whether either of you are infected.
- Do you want to have sex, but neither of you have condoms with you? Then there are plenty of ways to have sex without running any risks. How about cuddling, massaging, kissing and petting?

There are lots of ways to have sex. With some of them you run more risks of catching an STI than with others. At the back of this leaflet, there's a diagram that lists different ways of having sex. It gives the risks involved in each sexual activity.

How do you say you want to have safe sex?

Safe sex can be awkward. Suddenly you really want to have sex but you don't have any condoms with you. You've had too much to drink and are not being careful. Or you think sex with a condom is a bit of a nuisance. There are enough excuses for not having safe sex.

Sometimes you do intend to have safe sex but it just doesn't happen. Afterwards you regret having had unsafe sex.

Unsafe sex is easy to avoid if you talk about using condoms. How do you do that? And when do you start? These tips may help:

- Work out beforehand when and how you'll say you want to have safe sex. If you know that before you start having sex, it's easier to stick to it.
- Say honestly that you don't want to catch an STI. That doesn't mean you 'don't trust' the other person. You're just telling them what you think.
- If you say 'I always do it with condoms!', then anyone will know what you mean. You don't even have to mention STIs.

But talking isn't the only way to make it easier for you to always have safe sex:

- Just grab a condom and put it on you or your partner.
- Make sure you always have condoms with you! Sex often happens spontaneously. You don't usually know before hand when you'll have sex with someone.

▶ **Remember this: don't do anything you don't want to! Say how far you'll go.**

Condoms

Where can you buy condoms?

You can buy condoms almost anywhere: at chemists, pharmacies, supermarkets, petrol stations and discos.

Feel uncomfortable buying condoms? These tips may help:

- Remember that cashiers have sex too.
- Go together with a friend to buy them.
- Go to a shop where you're not likely to bump into anyone you know.
- You can also buy condoms from a slot machine in a bar or club, from a mail-order company, or on the internet. You'll find addresses of websites where you can buy condoms on the English Safe Sex/condoms page at www.soaids.nl.

What kind of condoms are there?

Reliable condoms have a CE mark of approval on the pack. Reliable condom brands are Durex, Concep and Hot Rubber. Hema and Kruidvat shops sell approved private label condoms. The brand Jippy sells approved condoms at a low price. There are many different kinds of condoms.

condoms for anal penetration

You can use any reliable condom for anal sex. But you will need to use plenty of water-based or silicon-based lubricant.

female condom

There are condoms for women too. The most well-known brand is Femidom. This is a condom which you insert into the vagina. The advantage of a female condom is that you can put it in before you start having sex.

special condoms

Condoms don't only protect you against STIs and pregnancy, they can also make sex more fun. There are flavoured condoms, for example. And ribbed, studded condoms to make you feel more. Even condoms containing a special gel which delays ejaculation. All these condoms protect you against STIs and pregnancy.

fun condoms

There are also the so-called fun condoms. These are condoms in all shapes and sizes. Fun condoms don't prevent STIs or pregnancy. As their name says, they are just for having fun.

- ▶ The English Safe Sex/condoms page at www.soaids.nl gives you more information about different kinds of condoms.

How do you use condoms?

If you use a condom properly, there's only a slight chance of it bursting, tearing or slipping off. Below is a step-by-step guide to using a condom.

step 1: open the pack

Carefully tear open the pack. Hold the condom by its tip. Be careful with sharp or torn fingernails. Avoid any contact between penis and vagina or anus before the condom is on.

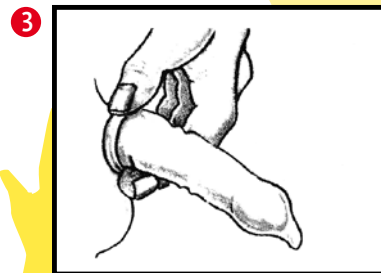
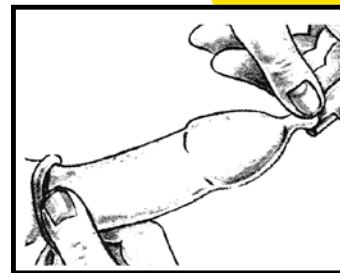
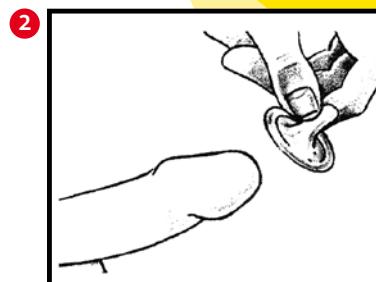
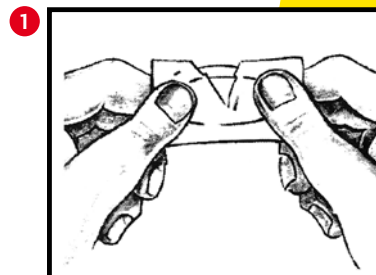
step 2: put on the condom

Don't put on the condom until the penis is completely erect. Watch out: the condom 'ring' should be on the outside – otherwise you won't be able to unroll the condom. Squeeze the tip of the condom with one hand. This prevents any air getting trapped. It also reduces the risk of the condom bursting during sex. Unroll the condom as far as possible with your other hand. When the condom is on the penis, there should be some space in the tip for the semen. About one to two centimetres is enough.

step 3: take off the condom

After ejaculation, withdraw the penis from the vagina or anus. Do this while the penis is still erect, and hold the edge of the condom to prevent it slipping off. Then slide the condom off the penis and tie a knot in it. Make sure you get no semen on your hands, as that's also a way of infecting you or your partner.

- ▶ In the Dutch section of www.soaids.nl, on the [Veilig vrijen/condoms](#) page, you can watch a film about how to put on a condom.



▶ Tips:

- Don't be caught unawares: make sure you always have condoms with you!
- Only use a condom once.
- Never use a condom after the expiry date.
- Use reliable condoms; reliable condoms have a CE mark on the pack.
- Practise putting on a condom.
- Use condoms with plenty of lubricant for anal sex.
- Never use lubricants containing grease or oil. This could damage the condom. Use lubricant that contains water or silicon.
- Never flush a used condom down a toilet. It could block it. Throw the condom away in a rubbish bin.

Protection against pregnancy

Condoms are the best protection against STIs. Do you want to prevent pregnancy too? Then it's best to use condoms and take the pill. Because the pill is the best protection against pregnancy. Something might go wrong with a condom while you're having sex – it may slip off or tear. Or some pre-seminal fluid may enter the vagina during foreplay. If you're taking the pill too, you know you're safe. Then if anything happens to the condom, at least you're still protected against pregnancy.

The pill is the most widely used contraceptive. But there are also other ways to prevent against pregnancy. English-speaking people at the AIDS STI Infoline (0900-2042040) can give you more information about the different ways to prevent pregnancy. They can tell you, for example, about the contraceptive ring, IUD (coil), injectable contraceptive and contraceptive patch.

Testing

Get tested!

STIs can lead to serious complications. Have you had unsafe sex and perhaps caught an STI? Get yourself tested! First, because your doctor can easily treat most STIs if they're diagnosed in time. But if you leave an STI untreated you could get serious complications. Second, because you could infect others. That's why it's important to go to your doctor or a GGD health centre and have a check-up. Say that you've had unsafe sex and the doctor will know that he or she needs to test you for STIs.

Why should you have an STI check-up?

There may be several reasons for having an STI check-up:

- **You're in a permanent relationship and would like to have sex without condoms**
It's best to have sex with a condom for the first three months. After that, both of you are tested. If someone is infected with HIV, syphilis or hepatitis B, then this can only be proved by a test after three months. So until that time you won't know for sure.
- **You want to know if you're completely healthy**
It's possible to have an STI without having any symptoms. Have you often had unsafe sex or had sex with several people recently? And are you worried that you might have caught an STI? Get yourself tested.
- **Perhaps you're having symptoms**
Examples of symptoms caused by an STI are:
 - increased discharge from the vagina or penis;
 - a different kind of discharge from the vagina or penis;
 - blisters, cuts or warts on or around the vagina, penis or anus;
 - pain when passing urine.
- **A condom tore during sex**
So you're worried you might have caught an STI.
- **Perhaps you've been warned by a partner or ex-partner who has an STI**
That person may have passed the STI on to you.
- **You're pregnant and wouldn't want to pass an STI on to your child.**

Should I have an HIV test?

HIV is one of the most serious STIs. It's a good idea to have yourself tested for all serious STIs. So an STI check-up should include an HIV test, and an HIV test should be done together with a check-up for all other STIs. You can't be tested reliably for HIV until three months after you've had unsafe sex. This is because it takes three months before the virus can be found in your blood. A doctor may only do an HIV test if you clearly give your consent.

There is also an HIV self test. This is an HIV test that you can buy yourself. You can then test yourself for HIV. But we wouldn't advise you to use this self test. It is best to have yourself tested by a doctor or nurse. Because imagine if you do have HIV. Then the doctor or nurse can help you and give you advice.

Does everyone run the same risk of catching an STI?

Studies show that in the Netherlands STIs are found more often in some people than in others. For these people, it is particularly important to be tested for STIs. Do you belong to one of the following groups? Then we would advise you to have STI check-ups at regular intervals.

These are the groups concerned:

- People who have sex with many different people.
- Men who have sex with men.
- People who come from regions where STIs and HIV are more widespread. This includes people from sub-Saharan Africa, the Caribbean (including the Netherlands Antilles), Latin America (including Suriname) and South-East Asia.
- Partners of the above.

You don't belong to any of the groups above? You still may be running a risk! Every time you have unsafe sex, there's a chance of you catching an STI. So safe sex is still the best advice.

Personal testing advice on www.soatest.nl


Want to know whether you should have an STI test or an HIV test? Go to www.soatest.nl. It's in Dutch, but perhaps someone can help you with that. You'll be asked questions about your sex life. And about how you have sex. After you've answered all the questions, you'll be told whether it's advisable for you to be tested.

Where can you have an STI check-up done?

You can go to your own doctor (GP) for an STI check-up or an HIV test. Don't you want to go to your own doctor? Then you can be tested at a GGD health centre. You don't have to tell them your name. And it's free.

For addresses and telephone numbers of GGDs, go to www.soaaid.nl/soacentra.html (explanation in Dutch). Or go to www.ggd.nl/kennisnet/inkaart and enter the four numbers in your postcode to find your nearest GGD.

Most GGDs have their own websites. There you will find, for example, information (in Dutch) about opening times for testing. Many GGDs have special STI clinics. You can usually find information like this on a GGD website under either: 'Infectieziekten' (infectious diseases) or 'soa' (STIs).

 Remember this: doctors and nurses may not pass on any information about you to others.

What does an STI check-up or HIV test involve?

First you'll talk to the doctor or nurse about the kind of unsafe sex you've had. And about any symptoms you may have. They will then decide which STIs you need to be checked for. And how that should be done. Because there are different kinds of check-ups and tests, i.e. urine analysis, blood tests and a physical examination.

urine analysis

Many STIs can be diagnosed by testing urine.

blood tests

A blood test is necessary to diagnose syphilis, hepatitis B and HIV. The doctor or nurse will use a needle to take a blood sample.

physical examination

Any blisters, sores or warts you have around the vagina, penis or anus will be examined. If you're a woman, the doctor or nurse will often take a swab. This means that some fluid is taken from the vagina to be examined. Men often used to have a swab taken from the urethra (tube where the urine comes out), but now the urine itself can also be tested.

When do I get the result of an STI check-up or HIV test?

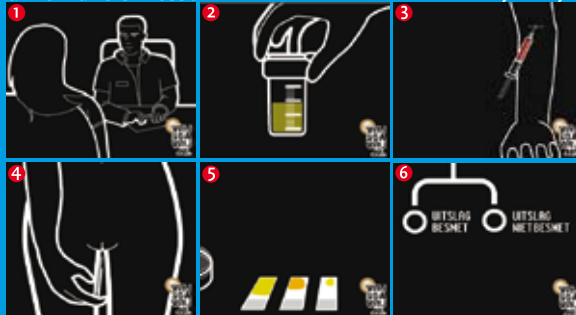
It usually takes about a week before you receive the result of an STI check-up or HIV test. Some clinics can do part of the testing themselves, which means you get the result sooner. You can phone for the result or go and pick it up.

Have you been tested for HIV? Then it's best to make an appointment to be given the result. A doctor or nurse will then discuss the result with you. It is advisable to take someone with you. Because if you are found to be infected with the HIV virus, this will have a great effect on the rest of your life. And on the lives of people around you. That's why it's better to have someone with you when you get the result.

▶ Remember this: a 'positive' result of an HIV test means you are HIV-positive. In other words, you are infected with the HIV virus.

a womans STI test

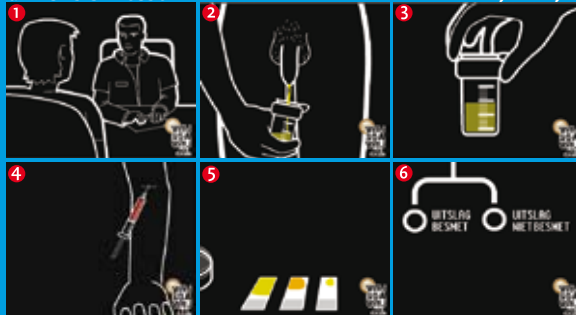
www.vrijsoavrij.nl



1. Questions and answers 2. urine analysis 3. blood tests 4. swab 5. diagnosis
6. infected/ not infected

a mens STI test

www.vrijsoavrij.nl



1. Questions and answers 2. urine sample 3. analysis 4. blood test 5. diagnosis
6. infected/ not infected

Treatment

I have an STI. What now?

If you have an STI, two things are very important:

- You have to get treatment from a doctor.
- You have to warn the people you've had unsafe sex with.

We'll explain more below.

Get treatment

There are different kinds of treatment for each particular STI. This may be given as tablets, creams or injections.

Bacterial STIs (chlamydia, gonorrhoea) are treated with antibiotics.

Viral STIs (herpes, genital warts) cannot be cured. The symptoms of the virus (warts or blisters) can be treated with creams or drugs, but they may well recur.

Hepatitis B can now be treated with a special drug. This drug inhibits the hepatitis B virus, which allows the liver to recover.

HIV cannot be cured. But there are drugs that can inhibit the virus. These drugs do have many unpleasant side effects. And you'll probably have to take them for the rest of your life.

Warn people you've had unsafe sex with

Have you found out that you have an STI? Then warn the people you've had unsafe sex with in the past six months as soon as possible. From the moment you caught the STI, you could have passed it on. Even if you didn't have any symptoms yourself.

Do you feel uncomfortable about warning people? Then the GGD nurse can do it for you. He or she will warn the people whose names you've given, without telling them who the message is from.

The people you warn can then have themselves tested and treated quickly. This also prevents the disease spreading any further.

And ...

If the check-up shows that you don't have any STIs? Or you've got rid of any infection after having treatment? Congratulations! And of course you want to keep it that way. If you always have safe sex, there's only a slight risk of catching an STI.

The various STIs

The following STIs are the most widespread in the Netherlands.

Chlamydia

Chlamydia is the most common STI in the Netherlands.

What will a woman notice if she has it?

Many women don't notice that they have chlamydia. Seventy per cent of them have no symptoms at all. The other 30% start to have symptoms after 1 to 3 weeks.

These are the symptoms:

- Pain or a burning sensation when passing urine.
- More or a different kind of vaginal discharge.
- Vaginal bleeding when you haven't got your period.
- Pain or bleeding during or after sex.
- Lower abdominal pain.
- Higher abdominal pain on the right-hand side.

What could the complications be for a woman?

You haven't been treated for chlamydia? Then you could develop an inflammation in your uterus or a Fallopian tube. That could make it more difficult to get pregnant. Or you may not be able to get pregnant at all. And there's a higher risk of something going wrong during pregnancy: you could have an ectopic pregnancy (outside the uterus). Chlamydia is easy to treat if discovered in time.

What will a man notice if he has it?

Many men also don't notice that they have chlamydia. Sometimes they may have pain when passing urine or some discharge from the penis.

What could the complications be for a man?

Sometimes men develop an inflammation in an epididymis (in the testicle). But mostly they won't notice much at all. Even if men have no symptoms, they can still pass on chlamydia. So you must go and see your doctor!

Genital warts

Genital warts are very common. They are warts that grow on and around the vagina, penis or anus. You don't always notice them, because they may be in your vagina or anus. They may itch. Genital warts are caused by a virus which always remains in your body. That means that the warts may recur.

Genital herpes

Genital herpes causes blisters on or around the vagina, penis or anus. This often itches. Or it may give a burning sensation. Genital herpes is caused by a virus which always remains in your body. That means that the blisters may recur.

Cold sores

Cold sores are also caused by the herpes virus. This virus may be transmitted to the penis or vagina during oral sex. Sometimes it happens the other way round: the virus can be passed on to the mouth during oral sex.

Gonorrhoea ('clap', 'drip' or 'sting')

What will a woman notice if she has it?

Women often have no symptoms at all. Or only vague ones. Like some pain when passing urine. Or slightly more vaginal discharge. You can also get a gonorrhoea infection in your throat or anus. This doesn't usually cause any symptoms.

What could the complications be for a woman?

You haven't been treated for gonorrhoea? Then you could develop an inflammation in your uterus or a Fallopian tube. That could make it more difficult to get pregnant. Or you may not be able to get pregnant at all. And there's a higher risk of something going wrong during pregnancy: you could have an ectopic pregnancy (outside the uterus). Gonorrhoea can be completely cured. So it's important to go and see the doctor if you are worried that you might have a gonorrhoea infection.

What will a man notice if he has it?

Most men notice the first symptoms after a couple of days or weeks. This could be discharge from the penis, or pain when passing urine. You can also get a gonorrhoea infection in your throat or anus. That doesn't usually cause any symptoms.

What could the complications be for a man?

Sometimes men develop an inflammation in an epididymis (in the testicle). But mostly they won't notice much at all. Even if men have no symptoms, they can still pass on gonorrhoea. So you must go and see your doctor!

Hepatitis B

The hepatitis B virus causes an inflammation of the liver. Some people get very ill from this. They suffer from fatigue, nausea and abdominal pain. Others notice nothing at all. Usually the infection goes away with bedrest. The virus disappears from your body, so you can't pass it on to others any more.

If the virus doesn't disappear

In 10% of the people who catch hepatitis B, the virus remains in the body. You then have chronic hepatitis B. Some people don't have any symptoms, and others are very ill. About one third of the people with chronic hepatitis B develop a chronic inflammation of the liver. This makes you very ill and can be fatal.

Catching the virus and passing it on

As long as the hepatitis B virus remains in your body, you can pass it on during unsafe sex. Does your regular partner have hepatitis B? Or are you at particular risk of catching the virus? Do you, for example, inject drugs? Or have sex with lots of different people? Then you can be vaccinated against hepatitis B. Enquire about it at the GGD health centre.

Syphilis ('the pox')

Syphilis is a dangerous STI if you don't have it treated in time. In the Netherlands, this STI is found mainly in men who have sex with men. Syphilis often begins with a small sore in the mouth or on the penis, vagina or anus. It can then spread through your whole body via the bloodstream, causing damage to several organs such as the heart and the brain. Syphilis can be cured if you go to your doctor in time.

Hiv

HIV is the virus that can cause AIDS. The HIV virus damages your immune system. That means that your body is increasingly unable to fight off all kinds of illnesses. So you're more likely to get ill.

Someone who's infected with HIV is said to be HIV-positive. If you're HIV-positive, you are not necessarily ill. Some people are HIV-positive for eight to ten years and notice nothing at all. But in the meantime the HIV virus is active and damaging the immune system. Only once the virus has seriously damaged your immune system are you likely to become ill. Then the doctor can see that you have AIDS.

Drugs

There are drugs that inhibit the HIV virus, making it less active. You can take these drugs before you develop full-blown AIDS. But there are no drugs that can rid your body of the virus completely. Nor is there a vaccination against HIV.

Other STIs:

The following STIs are not dangerous, but they can be a nuisance. They can cause, for example, itching or discharge from the penis or vagina.

Bacterial vaginosis and candidiasis ('thrush') are not really STIs at all. You can get them from drugs like antibiotics or from washing with too much soap. But you can pass them on during unsafe sex.

Trichomoniasis is an STI. If a woman has it, she may have a lot of vaginal discharge. And her vagina will be red and painful. Men do not usually have any symptoms if they are infected.

Pubic lice ('crab lice' or 'crabs') are tiny insects that live in pubic hair. They may cause excessive itching. You can catch pubic lice during sexual contact, but also by lying close to someone. Or by sharing clothes.

Scabies (the itch) is caused by a mite that may cause excessive itching. You can catch scabies during sexual contact, but also by lying close to someone.

These STIs are easy to get rid of. Your doctor can help you.

Sexual activities and the risks involved

Seksueel contact	Description	Risk of STIs?	Risk of HIV?	Risk of pregnancy?
Anal intercourse (the Greek way, back door)	Man's penis penetrates his partner's anus.	Unsafe. High STI risk. Use a condom with plenty of lubricant.	Unsafe. High risk. Use a condom with plenty of lubricant.	Safe. Make sure no semen 'leaks' into the vagina.
Licking (giving oral sex to a woman, cunnilingus)	Stimulating the vagina with mouth and tongue.	Risk of STIs. Use a cut-open condom or dental dam.	Safe, as long as there's no contact with menstrual blood.	Safe.
Genital contact, body rubbing	Genitals/anus touch but the penis doesn't enter the vagina or anus (no penetration).	Unsafe. An STI can be passed on during contact between penis, vagina and/or anus.	Safe, unless pre-seminal fluid or semen enters the vagina/anus.	Safe, unless pre-seminal fluid or semen enters the vagina.
Withdrawal (coitus interruptus)	Penis is withdrawn from the vagina before ejaculation.	Unsafe. An STI can be passed on during contact between penis and vagina. Use a condom.	Unsafe. Use a condom.	Unsafe. There may be sperm in the pre-seminal fluid. Use contraception such as the pill, an injectable contraceptive, male or female condom, IUD (coil), diaphragm (cap) or ring.
Sexual intercourse (vaginal)	Man's penis penetrates the vagina and ejaculates (comes).	Unsafe. High STI risk. Use a condom.	Unsafe. Use a condom.	Unsafe. Use contraception such as the pill, an injectable contraceptive, male or female condom, IUD (coil), diaphragm (cap) or ring.
Masturbation	Touching your own or your partner's genitals.	Safe, as long as one person's semen/vaginal fluids doesn't come into contact with the other person's genitals/anus.	Safe. Slightly risky if one person's semen/vaginal fluids comes into contact with the other person's genitals/anus.	Safe, as long as no semen or pre-seminal fluid on fingers or hands gets into the vagina.
Sucking (giving oral sex to a man, fellatio, giving head)	Stimulating the penis with mouth and tongue.	Unsafe. An STI could be passed on during contact between penis and mouth. Use a condom.	Safe, unless the person giving oral sex gets semen in their mouth. Safe for the person being sucked.	Safe.
Sex toys	Inserting, for example, a vibrator or dildo into your partner's penis or vagina.	Unsafe if both use the same toys. Use a condom or wash the toys well.	Unsafe if both use the same toys. Use a condom or wash the toys well.	Safe, as long as no semen or pre-seminal fluid on a toy gets into the vagina.
Kissing, deep kissing	Touching your partner's mouth and tongue with your mouth and tongue.	Safe. If you can taste blood, a slight risk of hepatitis B.	Safe.	Safe.
Safe sex (vaginal and anal intercourse with condom, oral sex with condom or dental dam)	Sex with a condom, oral sex with a condom or dental dam.	Safe.	Safe.	Safe.

Want to know more?

General websites

www.soaaid.nl - information on STIs, HIV and AIDS and the work done by Soa Aids Nederland.

www.aidsfonds.nl - information on HIV and AIDS and the work done by the Aids Fonds (in Dutch).

www.soatest.nl - for free, confidential and reliable testing advice (in Dutch).

www.ggd.nl/kennisnet/inkaart - enter the four numbers in your postcode to find your nearest GGD.

www.avert.org

www.likeitis.org

AIDS STI Infoline 0900 204 2040

(24-hour helpline, 10 cents per minute)

E-mail: infolijn@soaaid.nl

Answers within three working days – no charge.

Leaflets and booklets

- Patient leaflets on bacterial vaginosis, candidiasis, chlamydia, genital warts, gonorrhoea, hepatitis B, scabies, pubic lice, syphilis and trichomoniasis.
- Booklet 'Genital herpes'.
- Patient leaflet HIV/AIDS.

You can order these leaflets and booklets on the Soa Aids Nederland website: www.soaaid.nl/bestellen.

It's in Dutch, but perhaps someone can help you with that.

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Space for regional information

SOAIDS

This is a Soa Aids Nederland publication. The publication was partly funded by GlaxoSmithKline. It contains general information on STIs. If you're looking for more detailed information on a specific STI, please order one of our patient leaflets. If you have any questions on STIs and safe sex, the AIDS STI Infoline is available 24 hours a day (tel. 0900-2042040 or infolijn@soaaid.nl). You can also go to our website: www.soaaid.nl



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