

Prevention of Infections during all types of Sexual Activity!

	Sex between women	Sex between men & women	Sex between men
Oral Sex	<ul style="list-style-type: none"> Use a 'dental dam' to avoid blood or vaginal fluids from entering your mouth. A condom which is cut and opened up flat can be used to achieve the same effect. 	<ul style="list-style-type: none"> Always use a condom and never let the other person ejaculate in your mouth 	
Anal Sex	<ul style="list-style-type: none"> Use a lubricant because of the increased risk of internal trauma with this type of sexual activity. Use latex gloves especially if there are any cuts on the fingers/hands 	<ul style="list-style-type: none"> There is an increased risk of transmission of infections with this type of sexual activity. Therefore it is recommended that one uses condoms with increased strength and a lot of water-based lubricant. Keep in mind that oily creams like: baby oil or Vaseline can cause a condom to break. 	
Vaginal Sex	<ul style="list-style-type: none"> Use latex gloves especially if there are any cuts of the fingers/hands. The use of lubricant decreases the possibility of suffering from internal trauma. There is an increased risk of infections during menstruation. 	<ul style="list-style-type: none"> Always use a condom before your and your partner's genitals touch. A lubricant decreases the possibility of suffering from internal trauma. There is an increased risk of infections during menstruation. 	
Masturbation	<ul style="list-style-type: none"> There is no risk of infection when you masturbate on your own. If you masturbate together with your partner the risk increases if you use your partner's sperm or vaginal fluid as a lubricant for yourself. 		
Sex Toys	<ul style="list-style-type: none"> Avoid sharing sex toys as these can be soiled with other people's body fluids or blood and so infections can be transmitted this way. Sex toys must always be washed properly after they have been used and as much as possible each person should have his/her own personal ones. 		

Sexual Health

Infections: Short points



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How it is transmitted?	Symptoms	Consequences	Treatment
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Chlamydia

<p>Oral, vaginal and anal sex.</p> <p>Symptoms may occur up to 4 weeks after coming into contact with the infection</p>	<ul style="list-style-type: none"> Abnormal genital discharge Pain whilst passing urine &/or during intercourse Irregular menstrual bleeding <p>Approx 80% of women and 30% of men do not exhibit any symptoms</p>	<ul style="list-style-type: none"> Pelvic Inflammatory Disease (PID) which can cause infertility in women Problems affecting pregnancy & baby's health, before and after delivery 	Antibiotics
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Gonorrhoea

<p>Oral, vaginal and anal sex.</p> <p>Symptoms may occur up to 1 week after coming into contact with the infection</p>	<ul style="list-style-type: none"> Yellowish genital discharge Burning pain whilst passing urine <p>Approx 75% of women and 10% of men do not exhibit any symptoms</p>	<ul style="list-style-type: none"> Painful testicular inflammation, which can cause male infertility PID which can cause female infertility Problems affecting pregnancy & the unborn baby's health 	Antibiotics
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Hepatitis B, C

<p>Contact with infected blood; eg. sharing of needles/sharp objects</p> <p>Vaginal & anal sex</p> <p>It is transmitted from an infected mother to her baby</p> <p>Symptoms may occur several weeks after being infected</p>	<ul style="list-style-type: none"> Symptoms similar to the common cold Loss of appetite Yellowing of the skin and whites of eyes (jaundice) <p>Both sexes may not exhibit any symptoms</p>	<ul style="list-style-type: none"> Inflammation of the liver that may cause cancer and even death 	<p>A vaccine exists for the prevention of Hepatitis B but not for Hepatitis C</p> <p>In case of infection a doctor will determine what the best management and treatment are.</p>
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Herpes

<p>Oral, vaginal and anal sex.</p> <p>Symptoms may occur up to two weeks after coming into contact with the infection</p>	<ul style="list-style-type: none"> Small fluid-filled blisters around the genitals or and the mouth Symptoms of the common cold Abnormal genital discharge 	<ul style="list-style-type: none"> Symptoms may recur years later even though treatment would have been taken Infection can result in death of the unborn child. 	Antiviral cream and tablets to treat the symptoms, however the virus is not eliminated from the body.
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HIV

<p>Vaginal & anal sex or contact with infected blood; eg. sharing of needles/sharp objects</p> <p>From an infected mother to her child during pregnancy</p>	<ul style="list-style-type: none"> Most women and men do not experience symptoms 	<ul style="list-style-type: none"> May cause AIDS It lowers the immunity so that a person can no longer fight off infections & this may lead to death 	In case of infection, doctor will indicate the best management and treatment.
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HPV/Genital Warts

<p>Oral, vaginal & anal sex</p> <p>Symptoms may occur several months or years after coming into contact with the infection</p>	<ul style="list-style-type: none"> Itching around the genital area Small, white or skin-coloured warts that appear around or within the genitals Most women & men do not have any symptoms 	<ul style="list-style-type: none"> Warts might increase in size and spread around the genital area making the infection more difficult to treat Certain changes may occur in the cells of the cervix which can lead to cervical cancer 	<p>In case of cervical infection the doctor will determine the best management.</p> <p>In the case of warts, a liquid treatment is applied to them or the doctor may perform minor surgery under local anaesthetic.</p>
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Non-Specific Urethritis (NSU)

<p>Vaginal & anal sex</p> <p>Symptoms may occur up to 1 month after coming into contact with the infection</p>	<ul style="list-style-type: none"> In males symptoms may include: Abnormal whitish discharge Burning pain when passing urine Men can pass it on to female partners who may not exhibit any symptoms 	<ul style="list-style-type: none"> Pain & testicular inflammation which may lead to male infertility PID which can cause female infertility 	Antibiotics
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Syphilis

<p>Oral, vaginal & anal sex</p> <p>Symptoms may occur even after 3 months, after coming into contact with the infection</p>	<ul style="list-style-type: none"> A reddish rash covering the whole body Inflamed and swollen glands Flat, warty-looking growths on the vulva/penis and anus 	<ul style="list-style-type: none"> Symptoms may cease, however the infection persists Can lead to paralysis, dementia, and death Can be fatal for an unborn baby 	Antibiotics
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Bacterial Vaginosis (BV)

<p>Vaginal douching & use of bubble bath</p> <p>It is not thought to be sexually transmitted</p>	<ul style="list-style-type: none"> Vaginal discharge which can have a very strong smell It does not affect men 	<ul style="list-style-type: none"> It is associated with PID 	Antibiotics or cream
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Thrush (Candida)

<p>Use of antibiotics</p> <p>Use of tights and tight clothes that do not allow air to circulate around the genital area.</p>	<ul style="list-style-type: none"> Itching around the genitalia A thick, white genital discharge 	<ul style="list-style-type: none"> If there are symptoms these may persist if they are not treated 	Antifungal medicines
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