

# Sexually Transmitted Infections (STIs) Know your status



مركز الأمراض الإنتقالية  
Communicable Disease Center





# Sexually Transmitted Infections (STIs)

## 1 Know your status

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Sexually Transmitted Infections (STIs) Know your status What are sexually transmitted infections (STIs)? Infections that are passed from one person to another through intimate physical contact, including sexual intercourse. They are very common, and the World Health Organization estimates that more than one million STIs are acquired every day across the world.

### Types of STIs

- Gonorrhea and syphilis are among the most common types of STIs in Qatar.
- Less common, HIV/AIDS is also a type of STIs.

### How are STIs contracted?

- STIs are passed from one person to another through intimate physical contact, including sexual intercourse.
- Certain STIs can be spread through non-sexual means such as via blood.
- Many STIs including chlamydia, gonorrhea, hepatitis B, HIV, and syphilis can also be transmitted from a mother to her child during pregnancy and childbirth.



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### What are the common symptoms of STIs?

- Unusual discharge from the genitals
- Discomfort when urinating
- Genital itching and/or rash
- Lumps or skin growths around the genitals or anus
- Unusual vaginal bleeding
- Blisters or sores around the genitals

It is important to understand that not all STIs cause symptoms, so it is possible to have an infection and not be aware of it.

For this reason, it is recommended that people get regularly tested, even if they show no clear signs or symptoms.

### How to prevent STIs?

- You can lower your risk of developing an STI by following these simple tips:
- Using condoms when having sexual intercourse
- Avoiding sharing towels or underwear
- Being vaccinated for hepatitis B
- Being vaccinated for Human papillomavirus vaccines (HPV)
- Never share syringes or needles

### Where to get tested for STIs?

If you or your spouse show any signs and symptoms of STIs, or if you believe you may be at risk of STIs, your primary health center can perform a set of routine tests to determine whether or not you have an STI. To make an appointment at your primary health center, call Primary Health Care Corporation's customer service team (107) You can also call the Communicable Disease Center (40254025)



## I had unprotected sex, what should I do?

- If you are uncertain about the health status of your spouse, we recommend you visit the Communicable Disease Center (CDC) within 72 hours after sexual contact. This will allow healthcare professionals to assess your need immediately for post-sexual exposure protective treatment.
- Safe sex precautions are highly recommended until basic evaluation is carried out.

## What other conditions might increase the risk of getting an STI?

1. Any factors that lead to improper use of condoms may increase your risk of STIs.
2. Having sex under recreational drugs or alcohol influence.
3. Using expired condoms.
4. Having a sexually transmitted disease.

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### **Do condoms provide complete protection?**

- If used properly, condoms provide a very high degree of protection against STIs transmissible by body fluid and mucus membranes. Examples include HIV, gonorrhea, and chlamydia, and to a great extent genital syphilis ulcer.
- However, other infections which can be transmitted by skin contact such as the herpes virus or the human papilloma virus (causing genital warts), might not be completely prevented with condom use.

### **I am worried about STIs, but I am more worried about my medical information confidentiality**

- At the Communicable Disease Center, we treat your medical records with great care.
- Details regarding your visit to the sexual health clinic, will be available only to the Communicable Disease Center team.

### **Confidential telephone helpline**

- Hamad Medical Corporation's Communicable Disease Center (CDC) operates a confidential STI helpline from Sunday to Thursday, 7am to 3pm. If you believe you may have an STI, or simply need more information on STIs, you can call 4025 4022 to talk to one of the CDC's clinicians.
- You do not have to give your name or identify yourself in any way.





## **Patient and Family Education**



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