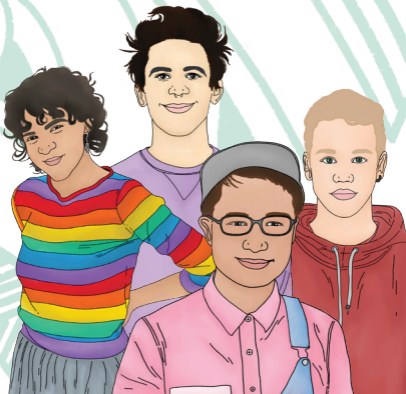


PARTNER NOTIFICATION LET THEM KNOW



View or share this online

<https://tewhariki.org.nz/article/sti-pamphlet/>

WHO DO I TELL?

- If you test positive for an STI, anyone you had vaginal, anal or oral sex within **the last 3 months** needs to know, even if condoms were used
- STIs (sexually transmitted infections) are common infections passed on during sex



WHAT DO I TELL THEM?

- The name of the infection
- That they need to get checked and treated **asap**, even if there's no signs or symptoms
- That they need to tell the doctor or nurse they've had contact with someone who has chlamydia or gonorrhoea
- That these infections are easily treated, **the sooner the better**

WHY DO THEY NEED TO KNOW?

- They could spread the infection to others without even knowing
- Common infections like chlamydia and gonorrhoea often **don't have any signs or symptoms**
- They won't know if they have it unless they get checked.
- They need to get treated **ASAP** so they don't pass it onto someone else, or pass it back to you



WHEN SHOULD I TELL THEM?

- Tell them as soon as possible after finding out you have an infection, and before having sex with them again



HOW DO I TELL THEM?

You choose:

- Face-to-face
- Phone, email or message/ text
- Send them a link to information about STIs so they know what to do: <https://tewhariki.org.nz/article/sti-pamphlet/>



NEED SUPPORT? NO PROBLEM

- Your doctor or nurse can send out texts for you without using your name
- Ask about this at the clinic



AVOID GETTING INFECTED AGAIN

- Finish taking **ALL** the tablets you're given
- **NO sex for 7 days** after your treatment
- Tell anyone you're having sex with now they need to get checked and treated
- Use condoms **every time** you have sex
- **Get a re-test in 3 months** to make sure you haven't been infected again. You should get a text reminder from your clinic in 3 months - but **put a reminder in your phone too**



LOOK AFTER YOURSELF

- It's common to get infected again, even after treatment
- Infection can be passed from someone who hasn't been treated or doesn't know they have it
- Getting infected more than once can be more harmful and could stop you having kids in the future
- **Always use condoms** - free or cheap from a clinic
- **Get regular STI checks**, so you get the treatment you need asap

WHERE DO I GO?

- Medical centre or GP clinic
- Sexual health clinic
- Family Planning clinic
- Youth health clinic
- School clinic

WHAT WILL IT COST?

Often free if you're under 25,
but not always. Ask the clinic
receptionist when you call or
drop in