

STBBI Chart

STBBI name and type Chlamydia

Bacterial

One of the most common STBBIs in Canada. Rates are highest among young people with vulvas.

Transmission

Most commonly through unprotected penis-vagina intercourse and oral sex.

Evidence of possible transmission through vaginal and anal sexual activity with fingers, hands, and shared sex toys.

Symptoms

The majority of cases show no symptoms.

Penis symptoms:

- unusual discharge from penis
- burning on urination
- burning or itching at urethral opening
- if advanced, pain and/or swelling in testicles

Vagina symptoms:

- unusual discharge from vagina
- burning on urination

If advanced:

- pain during vaginal sex
- bleeding after vaginal sex or between periods
- lower abdominal pain, fever, chills

Anal/rectal symptoms:

- anal itching
- rectal pain
- rectal discharge and bleeding

Oral symptoms:

- sore throat

Testing

Vaginal, throat, and/or anal swab or in some cases, a urine test.

Urine test for individuals with penises and in some cases, urethral, throat, and/or anal swab.

Treatment and cure	Oral antibiotics
Possible complications	<p>If untreated in those with vulvas, possible pelvic inflammatory disease (PID) leading to possible blocked fallopian tubes, ectopic pregnancy, or infertility.</p> <p>If untreated during pregnancy, may result in preterm labour, infection of baby.</p> <p>If untreated in those with penises, possible blocked vas deferens leading to infertility, painful swollen testicles.</p> <p>If untreated in anus/rectum, the lining of the rectum can become chronically inflamed.</p>
STBBI name and type	<p>Gonorrhoea</p> <p>Bacterial</p>
Transmission	Unprotected penis-vagina intercourse, anal intercourse, or oral sex.
Symptoms	<p>Most cases show no symptoms for those with vulvas.</p> <p>Penis symptoms:</p> <ul style="list-style-type: none"> • unusual discharge from penis • burning on urination • burning or itching at the urethral opening <p><i>If advanced:</i></p> <ul style="list-style-type: none"> • pain and/or swelling in testicles <p>Vagina symptoms:</p> <ul style="list-style-type: none"> • unusual discharge from vagina • burning on urination <p><i>If advanced:</i></p> <ul style="list-style-type: none"> • pain during vaginal sex • bleeding after vaginal sex or between periods • lower abdominal pain, fever, chills <p>Anal symptoms:</p> <ul style="list-style-type: none"> • anal itching or discharge <p>Oral symptoms:</p> <ul style="list-style-type: none"> • sore throat

Testing	<p>Vaginal, throat, and/or anal swab or in some cases, a urine test.</p> <p>Urine test for individuals with penises or in some cases, urethral, throat, and/or anal swab.</p>
Treatment and cure	Oral antibiotics
Possible complications	<p>If untreated in individuals with vulvas, possible pelvic inflammatory disease (PID) leading to possible blocked fallopian tubes, ectopic pregnancy, or infertility.</p> <p>If untreated during pregnancy, may lead to complications during pregnancy like premature labour, infection of baby.</p> <p>If untreated in individuals with penises, may block vas deferens, leading to infertility, painful swollen testicles. This complication is less common.</p>
STBBI name and type	<p>Syphilis</p> <p>Bacterial</p>
Transmission	<p>Unprotected penis-vagina intercourse, anal intercourse, or oral sex.</p> <p>Skin contact with skin rash (second stage).</p>
Symptoms	<p>Often unnoticed, painless sore known as chancre, pronounced “canker.”</p> <p>May appear inside the mouth, on the mouth, or any other site of contact: inside vagina, on vulva, on penis, on anus, in rectum, etc.</p>
Testing	Blood test
Treatment and cure	Course of antibiotics injected into buttocks or 10 to 14-day course of antibiotics if you cannot take penicillin.
Possible complications	<p>If untreated, infection may continue to second stage: symptoms may appear as a rash on torso, palms of hands, soles of feet.</p> <p>If untreated, signs of second stage may disappear; infection may progress to internal organs and nervous system.</p> <p>Can be fatal.</p> <p>Can cause congenital syphilis if passed from pregnant individual to baby.</p> <p>If untreated, increases risk of HIV transmission.</p>

STBBI name and type	Human papillomavirus (HPV) Viral This is the most common STBBI in the world.
Transmission	Unprotected penis-vagina or anal intercourse. Skin-to-skin contact in the genital area, including vulva-vulva. Evidence of transmission through oral sex. Digital transmission unclear.
Symptoms	Some strains of virus may result in visible warts at point of contact. Some strains of virus may result in abnormal cellular growth. Infection may come and go with no symptoms.
Testing	No generally available screening test. Warts can be diagnosed visually. Abnormal cells can be detected on the cervix through Pap testing.
Treatment and cure	Warts may disappear on their own without treatment. Otherwise, treatment is often liquid nitrogen. Abnormal cells resulting in a high-grade cervical or anal lesion can be treated in several ways to remove abnormal cells and prevent cancer. In 90% of cases, virus clears within two years with good immune system.
Possible complications	Abnormal cellular growth could eventually lead to cancer (most commonly cervical and anal). Warts could grow and obstruct passages like the urethra in individuals with penises.
STBBI name and type	Genital herpes There are two kinds of herpes: Herpes Simplex Virus (HSV) 1 and HSV 2 Viral

Transmission

Unprotected penis-vagina intercourse, anal intercourse, or oral sex.

Skin-to-skin contact in the genital area, including vulva-vulva.

Cold sore virus (HSV-1) is commonly spread from the mouth to the genital area.

Genital herpes (HSV-2) is commonly spread through genital contact.

HSV-2 is less commonly spread to the mouth during unprotected oral sex.

Most transmissions occur when there are no symptoms.

Treatment can reduce risk of transmission.

Symptoms

Most people are unaware of their infection as there can be no symptoms. If there are symptoms, they are commonly mistaken for a rash, cut, and/or irritation:

- there can be one or more itchy, painful blister-like sores
- appears at point of contact
- sores usually heal in 10 to 14 days

Virus remains dormant and without symptoms until next outbreak.

Impossible to know when infectious because of viral shedding, which can take place any time.

About 20% of adults have genital herpes but approximately 80% do not know it.

Testing

Sore can be diagnosed visually.

Swab can determine if HSV-1 or HSV-2.

Treatment and cure

No cure but manageable with treatment.

Anti-viral treatment can relieve symptoms and speed healing.

People with frequent outbreaks may take daily doses to suppress outbreaks.

Possible complications

Danger to fetus if pregnant individual is infected in third trimester. Can lead to transmission of infection. Baby may require treatment.

STBBI name and type	Molluscum Contagiosum Viral
Transmission	Skin infection easily passed from one individual to another by skin-to-skin contact in adults or by sharing towels, clothing etc. Can spread from one spot to another on a person's body by touching or scratching.
Symptoms	Bump(s) with depression in the centre.
Testing	Can be diagnosed visually.
Treatment and cure	May require several treatments (e.g., liquid nitrogen).
Possible complications	Bacterial infection Eye infection Scarring

STBBI name and type	Hepatitis C (HCV) Viral
Transmission	Mostly a blood-borne infection but can also be transmitted sexually where there is blood and/or other STBBIs are present. Sexual transmission of HCV is relatively low but penis-anal intercourse without a condom where blood, HIV, and/or other STBBIs are present increases the risk. Any contact with fresh or dried blood, including sharing equipment to inject, snort, or inhale drugs and re-using tattoo or body piercing equipment that has not been sterilized. Vertical transmission—during pregnancy and/or childbirth, though the chances of this are low (6%). HCV cannot be transmitted through breast milk but it can be transmitted if breast feeding and nipples are cracked and there is fresh or dried blood present. There is no vaccine for HCV.

Symptoms

70% to 80% of people with acute HCV do not have symptoms.

The first 6 months of an acute infection might include:

- flu-like symptoms (e.g., fatigue, decreased appetite, nausea, and weight loss)
- dark tea coloured urine and/or clay coloured stool
- jaundice
- rash

For 75% to 80% of people with HCV, the infection becomes chronic.

After many years, chronic infection might include:

- inflammation of the liver
- scarring of the liver (fibrosis or cirrhosis)
- liver cancer
- swelling of abdomen
- blood in stool and urine

Testing

Two different blood tests

Treatment and cure

Medication treatments can cure HCV in most people.

Treatments for many people last three months.

Possible complications

Fibrosis, cirrhosis, or liver cancer.

Can be fatal.

If untreated, people remain infectious. Once cured, people are no longer infectious but can be infected again.

STBBI name and type	Hepatitis B (HBV)
	Viral
Transmission	Unprotected penis-vagina intercourse, anal intercourse, or oral sex.
	Any contact with fresh or dried blood, including snorting, inhaling, or preparing injection, tattoo, or body piercing equipment that has not been sterilized.
	Vertical transmission—during pregnancy and/or childbirth.
	HBV can be transmitted through breast milk but after childbirth a baby is usually immunized and will not be affected by breast milk containing HBV.
	Household products that have come into contact with blood such as toothbrushes, razors, and nail clippers.
Symptoms	50% to 70% of people do not have obvious symptoms.
	Eight weeks after exposure, some people can develop symptoms, including:
	<ul style="list-style-type: none"> • flu-like symptoms (e.g., fatigue, decreased appetite, nausea, and vomiting) • jaundice • joint-pain
Testing	Blood test
Treatment and cure	All provinces in Canada have a school-based or infant vaccination program to prevent HBV.
	If chronic, anti-viral medication may prevent liver damage.
Possible complications	Cirrhosis or cancer of liver
	Blood vessel disease

STBBI name and type	Human Immunodeficiency Virus (HIV) Viral
Transmission	<p>Penis-vagina or anal intercourse without a condom or other HIV prevention strategy; oral sex is much lower risk than intercourse.</p> <p>Sharing needles or other equipment for injecting drugs, including hormones or steroids.</p> <p>Infected blood products.</p> <p>Vertical transmission—during pregnancy, childbirth, and/or during breast feeding.</p> <p>The presence of untreated STBBIs increases the risk of HIV transmission.</p> <p>Transmission from an HIV-positive person is greatly reduced when their viral loads have been substantially lowered by anti-retroviral therapy (i.e., treatment as prevention).</p>
Symptoms	<p>Flu-like symptoms within the first few weeks of infection.</p> <p>Later in the infection, possible night sweats, weight loss, opportunistic infections.</p>
Testing	<p>Blood test (standard test, blood is taken from a vein and results are received in a week).</p> <p>Rapid finger prick test (rapid test, blood is taken from finger and results are received within a few minutes).</p>
Treatment and cure	<p>Antiretroviral medication to decrease amount of HIV in bloodstream (viral load).</p>
Possible complications	<p>Treatment can decrease viral loads to very manageable, minimal levels and can allow HIV-positive people to live long, healthy lives.</p> <p>If untreated, more likely to progress to AIDS and death.</p> <p>Pregnant individuals who are treated decrease likelihood of HIV-positive baby to less than 2%.</p>

STBBI name and type	Zika Virus
	Viral
Transmission	<p>Primarily transmitted from mosquitoes to people when bitten. If a person has Zika, they can transmit it to other people sexually.</p> <p>This virus is newly discovered and there is still much that we do not know about it. What we do know is that it can be sexually transmitted during unprotected penis-vagina intercourse, anal intercourse, and oral sex.</p> <p>Vertical transmission—during pregnancy.</p>
Symptoms	<p>Most people who have Zika will not have symptoms or their symptoms will be very mild and mimic a cold or flu. Common symptoms include:</p> <ul style="list-style-type: none"> • fever • rash • joint and muscle pain • red eyes • headache
Testing	A blood or urine test.
Treatment and cure	Cannot be cured but getting lots of rest, drinking fluids and treating the symptoms can help clear the virus from the body.
Possible complications	<p>While Zika can be fatal, it is most often mild and symptoms disappear within a couple of days to a week.</p> <p>The most common complication occurs in pregnancy. Zika affects the development of the fetus, which causes problems with brain development (microcephaly) and possibly the nervous system of the fetus (GBS).</p>
STBBI name and type	Bacterial vaginosis (BV)
	Vaginal bacterial infection.
Transmission	<p>Unclear: due to overgrowth of normal bacteria in the vagina or introduction of bacteria through sex.</p> <p>More common in those with new partner with a penis and with no condom use.</p>

Symptoms	<p>Vagina symptoms:</p> <ul style="list-style-type: none"> • white creamy vaginal discharge • foul smell (fishy odour)
Testing	<p>Vaginal smear</p> <p>Visual diagnosis in individuals with penises</p>
Treatment and cure	<p>If no symptoms, no treatment is necessary.</p> <p>If symptoms are present, antibiotics.</p> <p>Recurrence is common.</p>
Possible complications	<p>Risk of complications during pregnancy.</p> <p>May lead to pelvic inflammatory disease (PID) if untreated.</p>
STBBI name and type	<p>Yeast Infection (Candidiasis)</p> <p>Infection caused by an overgrowth of candida yeast.</p>
Transmission	<p>Not considered sexually transmissible but sometimes yeast can be passed back and forth between sexual partners.</p>
Symptoms	<p>Penis symptoms:</p> <ul style="list-style-type: none"> • reddening on head of penis <p>Vagina symptoms:</p> <ul style="list-style-type: none"> • itching and burning inside vagina • itching and reddened vulva • curdy vaginal discharge • cheesy smell
Testing	<p>Visual diagnosis</p> <p>Vaginal smear</p>
Treatment and cure	<p>Over-the-counter antifungal medications.</p>

Possible complications	<p>May recur. If recurs frequently, individuals with vulvas should be tested for other conditions.</p> <p>Sometimes, if the yeast infection is mild, menstruation will clear the infection.</p> <p>Those with recurring infections are encouraged to:</p> <ul style="list-style-type: none"> • wear cotton underwear • avoid tight fitting pants
STBBI name and type	<p>Urinary Tract Infection (UTI)</p> <p>Bacterial infection of the urinary system (may impact the urethra, bladder, kidneys, and/or uterus).</p>
Transmission	<p>Not considered sexually transmissible but sex can bring bacteria into contact with the urethra.</p> <p>Unprotected anal intercourse and/or one partner having an STBBI already can increase risk of UTI-causing bacteria to enter the urethra.</p>
Symptoms	<ul style="list-style-type: none"> • pain or burning during urination • urge to urinate even when bladder is empty • possible lower abdominal or back pain • cloudy or bloody urine
Testing	<p>Urine test</p>
Treatment and cure	<p>Antibiotics</p> <p>Over-the-counter pain relievers may be used to manage discomfort from a UTI but will not cure it.</p>
Possible complications	<p>May recur.</p> <p>If left untreated, may result in kidney damage from chronic or acute kidney infection.</p> <p>Possible risks if left untreated during pregnancy, including preterm labour.</p> <p>May potentially result in sepsis if left untreated.</p>

STBBI name and type	Trichomoniasis
	Parasite
Transmission	Protozoan parasite transmitted through unprotected penis-vagina, anal or vulva-vulva sex. May also be transmitted from damp objects like washcloth.
Symptoms	Commonly no symptoms. If there are, they may include the following: Penis symptoms: <ul style="list-style-type: none"> • itching or irritation inside penis • burning after urination or ejaculation • discharge from the penis Vagina symptoms: <ul style="list-style-type: none"> • itching • burning • redness or soreness • discomfort with urination • thin discharge with an unusual smell that can be clear, white, yellowish, or greenish.
Testing	Vaginal swab Urethral swab
Treatment and cure	Antibiotics
Possible complications	Can result in complications during pregnancy.
STBBI name and type	Pubic lice (crabs)
	Ectoparasite/insect
Transmission	Parasitic insects can be passed during sexual contact through pubic hair. Can also be transmitted through clothing, linens, or towels.
Symptoms	<ul style="list-style-type: none"> • itching • visible eggs or lice
Testing	Visual diagnosis

Treatment and cure	Lice killing preparations
Possible complications	None
STBBI name and type	Scabies Parasite
Transmission	Skin-to-skin contact
Symptoms	<ul style="list-style-type: none"> • intense relentless itching • pimple-like rash • sores can appear from scratching • symptoms often appear between fingers and toes, wrists, ankles, armpits, waist line, inside of elbows, and genital areas
Testing	Visual diagnosis
Treatment and cure	<p>Specific insecticide.</p> <p>All close contacts should be treated at same time.</p> <p>Household items like clothing, towels, and bed linens need to be washed at high temperature.</p>
Possible complications	<p>Will persist if not treated.</p> <p>Secondary infection from scratching.</p>