

## STBBI Identification Cards



### CHLAMYDIA

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

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

When symptoms are present, they can include unusual discharge from genitals and/or anus, burning during urination, and sore throat.

Can be treated with oral antibiotics.

### GONORRHEA

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

When symptoms are present, they can include unusual discharge from genitals and burning during urination, anal itching and/or discharge, and sore throat.

Can be treated with oral antibiotics.

### SYPHILIS

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

Can also be transmitted through skin contact with skin rash (rash appears at second stage of infection).

When symptoms are present, they can include a painless sore known as a chancre (pronounced “canker”).

Chancre may appear inside mouth, on mouth, and any other site of contact, including inside vagina, on vulva, on penis, on anus, in rectum.

Can be treated with a course of antibiotics injected into buttocks or a 10 to 14-day course of antibiotics for those who cannot take penicillin.

Can be fatal.

**HUMAN PAPILLOMAVIRUS (HPV)**

The most common STBBI in the world.

Most commonly transmitted through unprotected penis-vagina intercourse and anal intercourse.

Can also be transmitted through skin-to-skin contact in the genital area, including vulva-vulva, and there is evidence of transmission through oral sex.

Some strains may result in visible warts at point of contact.

If there are warts, they may disappear on their own without treatment; otherwise, treatment is often liquid nitrogen.

Some strains may result in abnormal cellular growth that can (in some cases) lead to cancer.

Abnormal cellular growth can be treated in several ways to help prevent cancer.

The infection may come and go with no symptoms—In 90% of cases, with a good immune system, virus clears within two years.

**GENITAL HERPES  
(HSV 1 AND 2)**

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

Can also be transmitted through skin-to-skin contact in the genital area, including vulva-vulva.

If there are symptoms, it is commonly mistaken for a rash, cut, and/or irritation. There can also be one or more itchy, painful blister-like sores.

There is no cure but it is manageable with treatment. Anti-viral treatment can relieve symptoms and speed healing (as well as reduce risk of transmission).

<p><b>MOLLUSCUM CONTAGIOSUM</b></p>	<p>Skin infection easily passed from one individual to another by skin-to-skin contact or by sharing towels, clothing etc.</p> <p>Can spread from one spot to another on a person's body by touching or scratching.</p> <p>The symptoms are shiny skin bump(s) with a depression in the centre.</p> <p>If you have a healthy immune system, the bumps usually go away without treatment.</p>
<p><b>HEPATITIS C (HCV)</b></p>	<p>Most commonly transmitted through blood when sharing used and/or unsterilized injection equipment (e.g., equipment used for drugs, including hormones and steroids, and piercing/tattoo needles).</p> <p>It is rare to pass it through unprotected penis-vagina sex. The risk increases with unprotected anal sex where blood, HIV, and other STBBIs are present. Can also be transmitted from a pregnant individual to a fetus.</p> <p>There are acute and chronic phases of the infection. The acute phase can present as flu-like symptoms, jaundice, dark urine, and clay coloured stool. The chronic phase affects 75% to 80% of people with the infection and may cause liver inflammation, cirrhosis, and/or cancer.</p> <p>Can be fatal but most people can be cured through treatment.</p>
<p><b>HEPATITIS B (HBV)</b></p>	<p>Most commonly transmitted through blood and unprotected penis-vagina intercourse, anal intercourse, and oral sex.</p> <p>Can also be transmitted from a pregnant individual during childbirth.</p> <p>Most people do not have obvious symptoms but flu-like symptoms, jaundice, and joint pain can occur.</p> <p>There is no cure but there is a vaccine to prevent infection.</p> <p>If infected, can cause cirrhosis or cancer of the liver (medication may prevent liver damage).</p>

HUMAN IMMUNODEFICIENCY VIRUS (HIV)

Most commonly transmitted through unprotected penis-vagina intercourse, penis-anal intercourse, or sharing equipment to inject drugs.

Less commonly transmitted through oral sex.

Can be transmitted from a pregnant individual to a fetus, during childbirth, and/or during breast feeding.

There are flu-like symptoms within the first few weeks of infection. Later in the infection, there are possible night sweats, weight loss, and opportunistic infections.

Antiretroviral medication can significantly lower viral load and manage the infection, allowing people to live long, healthy lives.

The chance of transmission is negligible when a person takes antiretroviral therapy and maintains a suppressed viral load (i.e., treatment as prevention).

There are medications that dramatically lower the chance of passing on the virus when taken by people who do not have it (e.g., PrEP).

Pregnant individuals who are treated decrease likelihood of transmission to baby by less than 2%.

**ZIKA VIRUS**

Newly discovered and there is still much that we do not know about it.

Transmitted into human populations through mosquito bites, then people can pass onto other people through sexual contact.

Can be sexually transmitted during unprotected penis-vagina intercourse, anal intercourse, and oral sex.

Vertical transmission—during pregnancy and is likely to cause complications in fetal brain and nervous system development.

Although this infection can be fatal, most people do not have symptoms or their symptoms can be very mild and mimic a cold or flu.

Cannot be cured but getting lots of rest, drinking fluids and treating the symptoms can help clear the infection from the body.

**BACTERIAL VAGINOSIS (BV)**

It is unclear whether transmission is due to an overgrowth of normal bacteria in the vagina or the introduction of bacteria through sex but it is more common in those with a new partner with a penis and with no condom use.

If there are symptoms in a person with a vagina they might include a white, creamy vaginal discharge and a foul smell (fishy odour).

If there are symptoms in a person with a penis this might include reddening on head of penis.

Can be treated with antibiotics, no complications if treated.

<p><b>YEAST INFECTION (CANDIDIASIS)</b></p>	<p>Not considered sexually transmissible but can sometimes be passed back and forth between sexual partners.</p> <p>Symptoms include vaginal itching, burning, and curdy vaginal discharge with a cheesy smell.</p> <p>Less common in penises but can look like a reddening of tip of penis.</p> <p>Anti-fungal medication is used to treat but it may re-occur.</p> <p>Sometimes, if it is mild, menstruation will clear the infection.</p>
<p><b>URINARY TRACT INFECTION (UTI)</b></p>	<p>Not considered sexually transmissible but sex can bring bacteria into contact with the urethra. Unprotected anal intercourse and/or one partner having an STBBI already can increase risk of bacteria entering the urethra.</p> <p>Symptoms include cloudy or bloody urine, pain or burning during urination, and the urge to urinate even when bladder is empty.</p> <p>Antibiotics can cure the infection but if left untreated, more serious complications like a kidney infection and kidney damage can occur.</p>
<p><b>TRICHOMONIASIS</b></p>	<p>Protozoan parasite transmitted through unprotected penis-vagina intercourse, anal intercourse, or vulva-vulva intercourse.</p> <p>Can also be transmitted from damp objects like a washcloth.</p> <p>There are often no symptoms but if symptoms do occur they can include discomfort after urinating and/or ejaculation, discharge from penis, vaginal itching, burning, redness, and soreness.</p> <p>Can be treated with antibiotics.</p>

<b>PUBIC LICE (CRABS)</b>	<p>Insects that can be transmitted during sexual contact and through clothing, linens, or towels.</p> <p>Main symptom is itching but insects and eggs may also be visible on pubic hair.</p> <p>Can be treated with specific lice killing skin cream.</p>
<b>SCABIES</b>	<p>Can be transmitted through skin-to-skin contact.</p> <p>Symptoms include itching and rash.</p> <p>Can be treated with specific skin cream.</p> <p>Infected household items like towels and sheets need to be washed in hot water.</p> <p>Will persist if not treated and a secondary infection can occur.</p>