



Symptoms

The following symptoms could indicate a sexually transmitted infection. However, remember some infections, while still spreadable, may have no symptoms:

- an unusual vaginal discharge in women or a discharge from the urethra (the tube that runs from the bladder to the tip of the penis) in men
- in women - bleeding after intercourse or between periods
- sores, blisters, warts, rashes, irritation or itching near the genitals or anus
- pain on passing urine, or needing to pass urine more often
- pain on intercourse
- pelvic or lower abdominal pain

If you have any of these symptoms or have had unprotected sex and are worried that you may have come into contact with a STI you should contact your local sexual health (GUM – Genitourinary medicine) clinic or GP immediately.

Sexual health check-ups are free and available to everyone in the UK. You can arrange a visit to a GUM clinic anytime. It is completely confidential.

If you want to find out more about anything in this leaflet you can call:

Sexual Health Line freefone 0800 567 123 (calls may be charged if made from mobile phones) 7 days a week, 24 hours a day.

Or visit: condomessentialwear.co.uk

The information above was last updated in 11/11. However, we recommend before you make any decision or enter into any agreement you carry out your own checks.

get in touch:

High Wycombe Campus
Reception
t: 01494 603 016
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Bucks Students' Union Advice Centre is a member of:
Advice UK - The Voice of Independent Advice
CPAG - The Child Poverty Action Group
NASMA - The National Association of Student Money Adviser
UKCISA - The UK Council for International Student Affairs

For our current opening times please go to our website: bucksstudent.com/advice.
Email us on: suadvice@bucks.ac.uk or call us on 01494 603 016.

Appointments can often be arranged outside our published times so please ask. We will usually be able to respond to any enquiry within 48 hours during term-time, but often more quickly.

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Advice Centre



SEXUAL HEALTH

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Sexual health

If you have sex without using a condom, you're gambling on catching one of 25 sexually transmitted infections (STIs). 8 of these don't always have symptoms and 4 are incurable. The chances of picking something up are surprisingly high - 1 in 9 people has had an STI.

The fact is that anyone who is having sex can pick up an STI. Whether you're young or old, straight or gay, do it once in a while, or all night every night, unprotected sex will put you at risk of getting an STI so it makes sense to make your sex safer.



What is safer sex?

Think of it as any sex that does not allow an infected person's blood, semen, pre-ejaculatory fluid (pre-cum) or fluid from the vagina to get inside the other person's body. Condoms are essential wear. Always use a condom every time you have sex, as this is the best way of making sure you don't get a STI.



Where to get condoms

Condoms are available FREE to anyone - male or female - but availability can vary in different areas. These organisations may supply free condoms:

- **Sexual Health Direct - 0845 122 8690.**
- **Youth Enquiry Service, 52 Frogmore, High Wycombe 01494 437 373 - for under 25s only.**
- **Way In, 60 High Street, Chesham 01494 791 177 (for under 25s only.)**
- **GUM Clinics: Wycombe Hospital - 01494 425430.**
- **Watford Hospital - 01923 217 206.**
- **The Practice, Gerrards X and Chalfont St Peter Hospital 01494 533 154**

You can also buy condoms from:
Pharmacists and drug stores.
Supermarkets.
Petrol stations.
Vending machines in men's and women's toilets.
Online (If you buy condoms on-line make sure you get them from a legitimate source rather than from people selling them on e-bay. Always choose condoms that carry the European CE mark.)

Most shops are self-service, so you don't even have to ask for them; and if you do, don't think anyone will be surprised - most staff sell them all the time.

We also have a limited supply of free condoms available from the Advice centre, on both campuses.



When to stop using condoms

It's safest to carry on using condoms until:

- You are certain neither of you has a STI, so you may want to have a check-up at an NHS sexual health (GUM) clinic.
- Both of you are sure you won't have unprotected sex with anyone else.
- You are both sure you won't share drug injecting equipment with anyone.
- If you are not planning to have a baby and stop using condoms, make sure that you are using another form of contraception.



The common STIs

- **Chlamydia** is the most common STI in the UK affecting both men and women. It often has no symptoms and, if left untreated, it can lead to infertility.
- **Cystitis** is not necessarily transmitted sexually. It is an infection of the bladder causing burning sensations during urination.
- **Gonorrhoea** is a common STI also known as 'the clap'. If not treated early, it can cause serious health problems.
- **Hepatitis B (HBV)** is an infection of the liver caused by a virus. It's much easier to get than HIV, and can cause permanent liver disease and cancer.
- **Herpes**, genital herpes causes painful sores on and around the genitals.
- **HIV** stands for Human Immunodeficiency Virus and is a virus that can damage the body's defence system so that it cannot fight off certain infections.
- **Lice**, pubic lice are tiny insects that live on the skin and are often referred to as 'crabs'.
- **Non-specific urethritis (NSU)** is usually caused by a sexual infection. NSU only affects men.
- **Scabies** appears in the form of an itchy rash. It is caused by a female mite laying her eggs beneath the skin surface.
- **Syphilis** is a bacterial infection and can be spread without either partner knowing.
- Thrush is not necessarily transmitted sexually. It is caused by a yeast that normally lives harmlessly on the skin.
- **Warts**, genital warts are one of the most common sexually transmitted infections.