

Siarad am ryw

“SEXtember”

Time to talk about sex

STI Testing -  
It's Quick 'n' Easy

**I don't have symptoms, I must be fine:**

STIs don't always have symptoms

**I have to be examined to get tested, I don't feel comfortable with that:**

If you don't have any symptoms, you can take the test yourself

**I heard the test is painful, I don't want that:**

Men pee in a pot ..... that's easy-PEE-zee!

Women use a cotton bud to take a sample themselves ... it's Quick 'n' Easy!

Sexually Transmitted Infections (STIs), if untreated can lead to complications and health problems. Best to get checked out regularly or when you have a new partner. Having sexual contact with a person once is enough to catch a STI (even oral sex!). You can get tested very easily at your local sexual health clinic or GP surgery. Feel free to discuss a blood test and other sexual health matters including contraception. You can even get your results via a text! It is so 'quick and easy' to get tested!



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[www.sextember.org](http://www.sextember.org)