



What you need to know about



Sexually

Transmitted

Infections

How can STIs be prevented?

1. Abstinence from sexual intercourse.
2. Being faithful to an uninfected partner who is faithful to you.
3. Correct and consistent use of male or female condom.

If you suspect you have an STI:

- Get tested in a clinic or hospital for effective treatment.
- Have your partner tested and treated also to avoid re-infection.
- Complete your medication even if you feel better before the end of your treatment.
- Practice safer sex (always use condoms and avoid risky behaviours).

Most STIs can be cured if the person gets early testing and treatment from the clinic/hospital. Early treatment is very important to avoid future complications or damage to the reproductive organs.

Empower yourself with this information and protect yourself.

Talk to a trusted adult, trained counselor or a doctor/nurse for more information.

For more information on STIs, you can call

08027192781 or send an SMS to 38120 (free on MTN, GLO and Airtel).

You can also email: myq@myquestion.org or log on to www.dasubjectmatter.org or www.learningaboutliving.com for more information.

You can also download the Frisky Mobile App to get more information that helps young people know and check their bodies and get insightful advice on their sexual health risk.

To download the App, you need an android phone or tablet. Go to Google Play store and search for FRISKY by Education as a Vaccine then click to install. You can also scan the QR code by the side to get the app.



References

- Comprehensive Sexuality Education Manual By Action Health Incorporated.
- National Training Manual on Adolescent Health by Federal Ministry of Health and UNFPA (Revised 2011).
- You, Your Life, Your Dreams: Book for Adolescents by Family Care International and Straight Talk Foundation.

