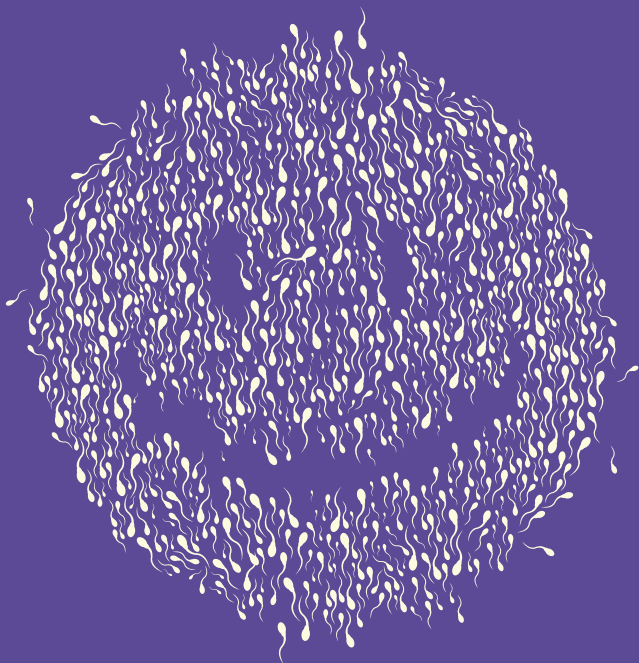


MAKE EVERY ENDING A HAPPY ENDING

A men's guide to STIs and good sexual health.



INTRODUCTION

This booklet aims to provide basic information on the common Sexually Transmitted Infections (STIs) that affect men, whether they are single, in a relationship or married. By knowing more about STIs and how to protect yourself, you can take charge and make informed choices when it comes to your sexual health.

This booklet should be used as a guide only. Remember, many STIs do NOT cause symptoms and if they do, symptoms may be mild. Get a check-up if you think that you have an STI, or if you have not had a check-up before or in the past year. If you've ever had sex, it is possible that you may have been exposed to an STI; having an STI check-up can give you a clean bill of health.

Acknowledgements

2012

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Disclaimer:

We have attempted to provide full, accurate and up to date information in this booklet, based on current medical evidence and opinion. However, information and advice may vary from different sources, and over time. If you have any further questions, see your doctor or healthcare provider.

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WHAT ARE SEXUALLY TRANSMITTED INFECTIONS?

Sexually Transmitted Infections (STIs) are infections which can be transmitted (passed from one person to another) through sexual intercourse or activity, or close body contact with another person who is infected with an STI. STIs can be caused by bacteria, viruses or parasites.

BACTERIA	VIRUSES	PARASITES
<ul style="list-style-type: none">• Chlamydia• Gonorrhoea• Syphilis	<ul style="list-style-type: none">• HIV• Herpes simplex virus (HSV-1 and HSV-2) – genital herpes• Human papilloma virus (HPV) – genital warts• Hepatitis B• Molluscum contagiosum virus (MCV) – molluscum	<ul style="list-style-type: none">• Pubic lice (“crabs”)• Scabies

Please refer to the table on page 11 or the DSC website www.dsc-clinic.sg for more detailed information on each STI.

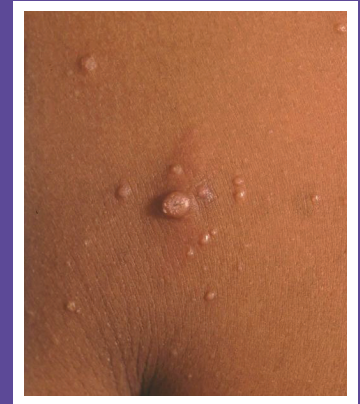
Many STIs can be prevented by using condoms and being vaccinated. In fact, most STIs can be treated or cured. Being diagnosed and treated early for an STI helps prevent future complications and keeps you healthy.

HOW DO I KNOW IF I HAVE AN STI OR HIV?

Most people with an STI, including HIV, have no symptoms. Often, you can only find out if you have an infection by getting tested.

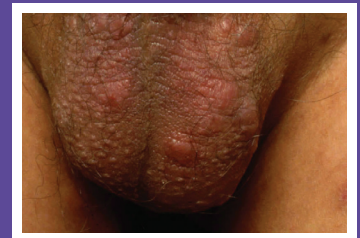
Signs or symptoms may include:

- Unusual discharge or pus coming from your penis;
- Pain when passing urine or irritation inside the tip of the penis;
- Blisters, sores, or lumps on your penis, scrotum, anus or the surrounding skin;
- Itchiness or rashes in the genital or anal area; or
- Fever, swollen glands, flu-like illness, body rash or unexplained weight loss.



Lumps from molluscum. These are painless but can be itchy.

See your doctor if you have any symptoms, and avoid having sex until you have been tested. If you've engaged in any sexual activity, have a check-up even if you don't have symptoms.



Lumps over the scrotum caused by scabies. These cause intense itching.

WHY SHOULD I GET TESTED FOR HIV?

Knowing that you are HIV negative means you know to continue safe sex practices and condom use to avoid becoming infected.

KNOWING IF YOU HAVE HIV IS USEFUL BECAUSE:

- » You know to take care of your health and seek medical care.
- » You are able to start HIV treatment early before you become unwell, and stay healthy.
- » You are able to help protect your sex partners from being infected by practicing safer sex and using condoms.
- » You know to inform sex partners to get tested which can further help prevent HIV being transmitted.
- » You can advise partners of the availability of HIV post-exposure prophylaxis (PEP) if you think you may have exposed them to HIV, such as if a condom breaks. For more information on PEP, look in the HIV section under “Prevention”.

THE RELATIONSHIP BETWEEN STIs AND HIV

HAVING AN STI INCREASES THE CHANCES OF BEING INFECTED WITH HIV

If you are HIV negative, the inflammation caused by an STI (even when you do not have symptoms) increases your risk of getting HIV by making it easier for the virus to enter your body. If an ulcer (an open sore) is present, the risk is even greater.



Blisters on the penis from the early stage of genital herpes. These can occur anywhere over the genital and anal area.

HAVING AN STI INCREASES THE CHANCES OF TRANSMITTING HIV

If you are HIV positive, having an STI may increase your HIV viral load and make it easier to transmit HIV to your sex partners.

HAVING AN STI AND BEING HIV POSITIVE

If you are HIV positive and have an STI, not only is the risk of passing HIV to your sex partner higher, but the STI may be more severe or difficult to treat. If you are sexually active, make sure that you have regular sexual health checks.

THE SEXUAL HEALTH CHECK-UP

During the sexual health check (or STI screen or STI testing), you will be asked questions about your sexual history. This is to assess your likelihood or risk of various STIs and HIV, and will help decide which tests are necessary. The information you provide is kept private and confidential so it is best to be honest with your doctor so that an accurate assessment can be made. A full STI check-up will usually include the below tests.

THE ROUTINE STI CHECK-UP (No symptoms)

Physical examination looking for signs of STIs, and the following tests:

BLOOD TESTS	URINE SAMPLE	OTHER BLOOD TESTS
<ul style="list-style-type: none">• HIV• Syphilis• Hepatitis B* (if you have not been vaccinated or infected in the past)	<ul style="list-style-type: none">• Gonorrhoea• Chlamydia	<ul style="list-style-type: none">• Hepatitis A** (if you have or have had sex with other men)• Hepatitis C# (if you have HIV or have ever injected recreational drugs)• HSV-1 and HSV-2 (may be considered depending on your symptoms and exposure)

* If blood results show you are not immune to Hepatitis B, vaccination is recommended to help protect you against this viral infection.

** If you have had or also have sex with other men and you are not immune to hepatitis A, vaccination is recommended. Hepatitis A is a virus that infects the liver causing liver inflammation. It is more common as an STI in bisexual and men who have sex with men. You can get hepatitis A by getting small amounts of infected faeces in your mouth (“oral-faecal transmission”).

#Hepatitis C is a virus that infects the liver. It is transmitted through the exchange of infected blood such as during injection of recreational drugs and transfusion of contaminated blood (all blood donations in Singapore are screened).

THE STI CHECK-UP IF YOU HAVE SYMPTOMS

The tests from a routine check-up will be performed along with extra tests which may include:

- Urethral (opening at tip of the penis) swab
- Ulcer swab

THE STI CHECK-UP IF YOU ARE HIV POSITIVE

Getting regular blood tests to monitor your HIV infection does not mean that you are automatically getting tested for STIs. If you are sexually active ask your doctor to include a complete STI screen, as above, or arrange to have this done at a sexual health clinic, such as DSC Clinic.

HOW OFTEN SHOULD I HAVE A SEXUAL HEALTH CHECK?

The greater number of sex partners that you have and if you’ve had unprotected sex, the more often you should get tested. Consider having an STI and HIV check-up at least once a year.

If you are HIV positive and sexually active, a syphilis test during your routine HIV monitoring bloods should also be taken. Check with the doctor who helps with your HIV care.



Pubic lice. These can be seen with the naked eye.

I HAVE AN STI – WHAT ABOUT MY PARTNER?

INFORM YOUR PARTNER IF YOU’VE BEEN DIAGNOSED WITH AN STI

If you’re diagnosed with an STI, it is important to inform recent and previous sex partners so that they know to get tested and treated. This helps prevent the infection being transmitted to more people and reduces your chances of getting infected again.

It is especially important to notify your regular female partners, as well as casual partners if you can, as some STIs can cause infertility in women, cause complications during pregnancy and even be transmitted to the baby. By informing your partners you are protecting yourself as well as helping them look after their own health.

Your doctor can help you with how best to inform your partners.



Rash over the body from secondary syphilis. A similar rash can occur in new HIV infections so both HIV and syphilis should be tested for.



Rash on the palms from secondary syphilis. The same rash can appear on the soles of the feet.

PROTECTING YOURSELF AGAINST STIs AND HIV

PRACTICE SAFER SEX

Safer sex means any sexual activity that doesn’t allow sexual bodily fluids or blood to pass from one person to another. Condoms are the most effective way to prevent HIV transmission and also help prevent many other STIs. They work by preventing the transfer of infected fluids.

LUBRICANTS (“LUBE”)

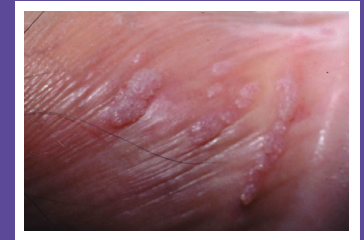
Using lubricant helps reduce the chance of the condom breaking. Only use a water based lubricant. Oil and creams weaken condoms and can cause them to break. You may need to reapply lubricant on the condom or vaginal (or anal) opening several times when having sex.

STI CHECK-UPS AND VACCINATIONS

Regularly get tested for STIs. If you are in a new relationship, both you and your partner should have an STI check-up first. Get treated for and cleared of STIs and HIV before deciding to stop using condoms. Getting vaccinated against hepatitis B early or if you’re not immune can help protect you against the infection.

POST-EXPOSURE PROPHYLAXIS (PEP)

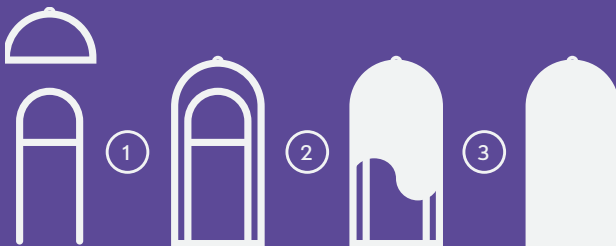
If you think you’ve been exposed to HIV such as through unprotected sex with someone who has HIV, there is a course of treatment called post-exposure prophylaxis (PEP) that can help reduce the chances of you becoming infected. See page 17.



Warts on the penis. These can occur anywhere over the genital and anal area.

USE CONDOMS CORRECTLY

Use condoms every time you have sex with a casual partner (including KTV girls, bar girls and sex workers) even if you see the same person every time. Oral sex is considered low risk for HIV but some STIs (gonorrhoea, syphilis and herpes) can be transmitted this way from the mouth or throat to your penis. It is best to use condoms for oral sex.



The condom should be on the penis before there is any penetration or before there is any exchange of sexual bodily fluid.

- » Check that the condom hasn't passed its expiry date.
- » When opening the packet, take care not to tear the condom.
- » If not circumcised, pull back the foreskin before putting on the condom.
- » Squeeze the air out of the tip and roll the condom all the way down on the erect penis. If it does not roll easily, it may have been put on the penis inside out. Take the condom off and begin with a new one.
- » Apply plenty of water based lubricant on the outside of the condom and the vaginal/anal opening before penetration.
- » Check from time to time that the condom is intact and apply more lubricant.
- » After ejaculation, hold the base of the condom when pulling out so that it doesn't slip off. This should be done while the penis is still erect. If the penis becomes soft, the condom can slip off inside and allow semen (cum) to spill out.
- » Only use each condom once and, if having sex with multiple partners, use a new condom with each person.
- » Dispose of the used condom in the bin, NOT the toilet.
- » Use only one condom at a time. Using 2 at once increases the chances of the condom breaking or slipping off.

VACCINATIONS

WHAT ARE VACCINATIONS AND HOW DO THEY HELP?

Being vaccinated is a way of making you immune (protected) against particular virus infections. Vaccination makes your immune system produce its own protective antibodies that prevent you from becoming infected if you are later exposed to the virus.

WHAT VACCINATIONS SHOULD I HAVE?

- Hepatitis B vaccination is advised if you are not immune. It provides over 95% protection and generally lasts for life.

Schedule	1st Injection	2nd Injection	3rd Injection
Hepatitis B	Day 1	At 1 mths	At 6 mths
Hepatitis A *	Day 1	At 6–12 mth	—

If you are HIV negative: Once you've completed the vaccination course against hepatitis B, further blood tests for this and booster injections are not necessary.

If you are HIV positive: Hepatitis B antibody levels should be checked every year and a booster dose given, if needed.

* If you have another type of hepatitis (such as hepatitis C, or liver disease from alcohol), or have sex with other men, get vaccinated against hepatitis A as well as hepatitis B.

A QUICK LOOK AT THE STIs

STI	TRANSMISSION	COMMON SYMPTOMS	COMPLICATIONS	CAN IT BE CURED?	PREVENTION
Chlamydia <ul style="list-style-type: none"> Bacteria Common 	Unprotected sex (vaginal and anal, rarely oral)	<ul style="list-style-type: none"> Often no symptoms Discharge from penis and pain when passing urine 	Epididymitis/epididymo-orchitis (infection of tubes storing sperm and the testicle), infertility, inflammatory reaction causing eye, skin and joint problems, infected new-born baby if pregnant woman infected.	Yes, with oral antibiotics	<ul style="list-style-type: none"> Condoms
Gonorrhoea <ul style="list-style-type: none"> Bacteria Common 	Unprotected sex (vaginal, anal and oral)	<ul style="list-style-type: none"> Often no symptoms Discharge from penis and pain when passing urine 	Epididymitis/epididymo-orchitis, infertility, spread into blood, joints and skin, infected new-born baby if pregnant woman infected.	Yes, with an antibiotic injection	<ul style="list-style-type: none"> Condoms
Syphilis <ul style="list-style-type: none"> Bacteria Common 	Unprotected sex (all types), skin to skin contact with infectious rash/ulcer, mother to baby, contaminated blood	<ul style="list-style-type: none"> Often no symptoms Ulcer on the penis or anus Skin rash Fever, swollen glands 	Deformity, disability, dementia and death from damage to skin, heart, brain or nerves, pregnancy complications, infected baby if mother has syphilis.	Yes, with antibiotic injections	<ul style="list-style-type: none"> Condoms give some protection
HIV <ul style="list-style-type: none"> Virus 	Unprotected sex (vaginal and anal, rarely oral), mother to baby, contaminated blood	<ul style="list-style-type: none"> Often no symptoms until late May have severe flu-like illness with new infection 	AIDS and death if untreated, rare cancers and infections, infected new-born baby if mother has HIV.	No, but HIV treatment can control HIV and keep you healthy	<ul style="list-style-type: none"> Condoms *PEP
Hepatitis B <ul style="list-style-type: none"> Virus 	Unprotected sex, mother to baby, contaminated blood	<ul style="list-style-type: none"> Often no symptoms Jaundice, fever, abdominal pain 	Liver failure, scarring and cancer.	No, but treatment can help control hepatitis B	<ul style="list-style-type: none"> Vaccination Condoms
HPV (Warts) <ul style="list-style-type: none"> Virus Common 	Sexual skin-to-skin contact	<ul style="list-style-type: none"> Often no symptoms Lumps on the genitals/anal area 	“High-risk types” of HPV associated with cervical and anal cancer (more common in HIV+ people).	No, but it will usually resolve on its own. Treatment removes visible warts only	<ul style="list-style-type: none"> Condoms give some protection Vaccination
HSV (Herpes) <ul style="list-style-type: none"> Virus Common 	Sexual skin-to-skin contact, oral sex	<ul style="list-style-type: none"> Often no symptoms Painful blisters or sores 	Unable to pass urine, viral meningitis.	No, but treatment can control the symptoms and outbreaks	<ul style="list-style-type: none"> Condoms give some protection
Molluscum <ul style="list-style-type: none"> Virus Common 	Sexual skin-to-skin contact	<ul style="list-style-type: none"> Often no symptoms Skin coloured lumps 		No, but usually resolves on its own. Treatment removes the lumps	<ul style="list-style-type: none"> Condoms give some protection
Pubic Lice <ul style="list-style-type: none"> Parasite 	Close or sexual body contact	<ul style="list-style-type: none"> Itchiness in pubic area, lice and nits on pubic hair 		Yes, with special shampoos or lotions	<ul style="list-style-type: none"> No real prevention
Scabies <ul style="list-style-type: none"> Parasite 	Close or sexual body contact	<ul style="list-style-type: none"> Itchy lumps or rash 		Yes, with special shampoos or lotions	<ul style="list-style-type: none"> No real prevention

HUMAN IMMUNODEFICIENCY VIRUS (HIV)

WHAT IS HIV AND WHAT IS AIDS?

Human Immunodeficiency Virus (HIV) is the virus that can lead to **Acquired Immune Deficiency Syndrome (AIDS)** if the HIV infection is not treated. Being infected with HIV is not the same as having AIDS. In fact, many people living with HIV nowadays are well and do not develop or have AIDS, because of the available treatments.

HIV weakens part of the immune system that helps your body fight against infection and disease (including cancers). AIDS occurs when the immune system is so weakened that you develop illnesses that you would not normally have if your immune system was healthy.

TRANSMISSION

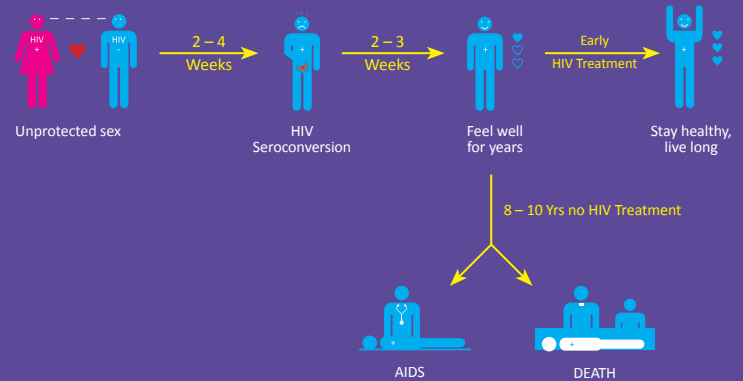
HIV is transmitted through the transfer of sexual bodily fluids (semen, pre-cum and vaginal fluid), blood and breast milk, such as from:

- Having unprotected sexual intercourse with an infected person
- Sharing infected syringes and needles
- Mother-to-child during pregnancy, at birth or through breast-feeding (this can be almost completely prevented if the mother is on treatment)
- Transfusion with infected blood and blood products (blood donations in Singapore are screened)

If you are HIV negative but have an STI, the inflammation caused by the STI (even when you don't have symptoms) increases your risk of getting HIV by making it easier for the virus to enter your body. If you are HIV positive, having an STI may increase your HIV viral load and makes it easier to transmit HIV to your sex partners.

WHAT ARE THE SYMPTOMS OF HIV?

Most people infected with HIV do not know that they have HIV. They look well and feel healthy until much later when the immune system is severely weakened or damaged. Symptoms may also occur in the early weeks after someone is first infected.



Some people, 2-4 weeks after becoming infected, experience a “seroconversion” illness (also known as primary HIV or acute retroviral syndrome) which causes a severe flu-like illness lasting 2-3 weeks.

Most people will then have no symptoms for many years. After 8-10 years without any HIV treatment, AIDS and other symptoms develop. These may include: weight loss, unexplained diarrhoea, recurrent rashes, fever or an AIDS-related illness (certain types of pneumonia, skin and other organ cancers, severe fungal infections, and infections of the brain).

Generally, you cannot tell if you have HIV based on how you feel or if someone else has HIV just by looking at them. A test is the only way to be sure.

HOW DO I GET TESTED?

• Routine Blood Test

• Rapid Blood Test

• Rapid Oral Fluid Test

Rapid HIV tests give same-day results.

When you are infected, your immune system produces antibodies to try to fight the HIV infection. It can take between 2 weeks and 3 months for antibodies to appear in the blood (newer tests can detect most HIV infections as early as 4 weeks). This is called the “**window period**”.



NEGATIVE HIV TEST RESULT

No antibodies were detected at the time of the test. You don't have HIV **OR** the test was taken too soon after exposure and antibodies haven't had a chance to develop. In this case, repeat the test 3 months after the sexual encounter.



POSTIVE HIV TEST RESULT

Antibodies were detected and you may be infected with HIV. It does not mean you have AIDS. Another blood test is taken to confirm that you have HIV. Counselling and support will be given and you will be referred to an HIV specialist.

Anonymous HIV testing, where no personal details are taken, is offered by some centres, such as Action For AIDS (AFA).

Other clinics for anonymous HIV testing:

Anteh Dispensary 368 Geylang Road, 389381, T: 67441809

Cambridge Clinic Blk 333, Kreta Ayer Road, #03-27, 080333, T: 63271252

Dr Jay Medical Centre 115 Killiney Road, 239553, T: 62355196

Dr Soh Family Clinic Blk 966, Jurong West Street 93, #01-221, 640966, T: 67917735M

Lam Clinic 739 Geylang Road, 389649, T: 67481949

Dr Tan and Partners 11 Unity Street, #02-07 Robertson Walk, 237995, T: 62387810

TREATMENT

There is no vaccine or cure for HIV but there is treatment to control the virus and keep your immune system strong so that you stay healthy. Not everyone diagnosed with HIV needs to start treatment immediately. Your symptoms and blood tests will help decide when treatment should begin. Regular blood tests to monitor your immune system along with other blood tests will be performed as part of your HIV care.

Starting HIV treatment (called highly active anti-retroviral therapy, HAART) before your immune system is severely weakened will help prevent symptoms and AIDS-related conditions. HAART is a combination of at least 3 anti-HIV medications taken daily on a long-term basis. Most people living with HIV who start the correct treatment when they need to lead productive and healthy lives.

OTHER INFORMATION ABOUT HIV

For HIV positive men who have a regular female partner or wife:

Notify your sex partner(s) to get tested. Many women may not see themselves to be at risk of HIV if they are committed to one partner. If an HIV positive woman becomes pregnant, she can infect the baby during the pregnancy and afterwards through breastfeeding. This can be almost completely prevented if the mother knows that she is HIV positive and is on the correct HIV treatment. By informing your partner early, you can prevent your baby from becoming infected with HIV.

“**HIV superinfection**” is when an HIV positive person is infected with a different strain of HIV. This can happen through unprotected sex with another person who is HIV positive. It could mean more rapid progression of your HIV infection, or that treatment of HIV becomes less effective. If you are HIV positive, continue to use condoms and have safe sex to protect yourself as well as your sex partners, even if both of you have HIV.

PREVENTION

Using condoms is the most effective way of preventing HIV transmission. Condoms also help prevent many other STIs. If you inject drugs, avoid sharing any equipment.

Oral sex is considered low risk for HIV. A condom should still be used when receiving oral sex to prevent other STIs.

If you think you've been exposed to HIV, such as if the condom broke, there is a course of treatment called PEP that can help reduce the chance of you becoming infected. See below:

POST EXPOSURE PROPHYLAXIS (PEP)

- PEP is a 4 week course of anti-HIV medication which may prevent HIV infection.
- **PEP needs to be started as soon as possible after exposure and within 72 hours, to be most effective.**
- If you are HIV positive and think you may have exposed another person to HIV, let them know about PEP.
- PEP is not given to everyone because of the high risk of side-effects and may cause future drug resistance if not taken properly. It will also not help if you've had multiple exposures over a period of time or continue to be exposed to HIV. Discuss with your doctor whether or not PEP is advisable in your situation.

To get PEP or for advice about PEP, contact your doctor or DSC Clinic.

FREQUENTLY ASKED QUESTIONS

QUESTION:

I recently had unprotected oral sex with a sex worker and then proceeded to have normal protected sex. At the last minute I took off the condom to ejaculate inside her vagina. This is the 5th day of my exposure and I have some itchiness and redness on my penis skin. Have I developed the symptoms of HIV or STD? I'm unable to identify. Please advise.

ANSWER:

If you had protected oral, vaginal or anal sex the risk of HIV and STIs is minimal. Your encounter with the sex worker has put you at possible risk of an STI because the condom was taken off. Oral sex is low risk for HIV but there is a risk for other STIs such as gonorrhoea and syphilis.

Not all STIs have symptoms and testing may be the only way to tell if you've been infected. A test for gonorrhoea and chlamydia should be done 1-2 weeks after the encounter. Blood tests for syphilis, hepatitis B and HIV will be able to accurately tell if you've been infected at 3 months after the unprotected sex. Hepatitis B vaccination is recommended if your test result is negative.

Your penile symptoms may not necessarily be related to an STI. Visit a doctor for a physical examination of the itch and redness.

Use condoms throughout intercourse for both oral and vaginal sex with casual or paid partners. It is the best way to protect yourself against STIs and HIV.

QUESTION:

I went for an oil massage last month and both the masseuse and I were naked. We bathed before the session started. Initially, she was rubbing my body with her breasts. After that she used her vagina to rub my penis a few times. I

asked her to stop after that. My question is what are the odds of me getting HIV and STIs based on my scenario? I am quite worried because I fell sick one week after that incident.

ANSWER:

The oil massage is unlikely to have put you at risk for STIs and HIV. However, the genital-to-genital (penis to vagina) rubbing does carry a potential risk for certain STIs like herpes, warts, syphilis, even gonorrhoea and chlamydia but not HIV. However, most infections are caused by unprotected penetrative oral, vaginal and anal sex. You can practice safer sex by using a condom before there is any genital contact.

Because there has been some possible exposure to STIs, it is advisable for you to have a check-up.

QUESTION:

7 days ago I had sex using a condom with a sex worker. However, at one point the condom broke. I pulled out immediately and replaced the condom with a new one. There was no ejaculation during sexual intercourse. What is the risk of HIV and what do I need to do with regards to testing for STDs? Can I do any tests and what tests do you recommend?

ANSWER:

Although the condom broke, the fact that a condom was used and then replaced, it still provides some protection against HIV.

You can be tested any time from now (7 days after the exposure) for gonorrhoea and chlamydia through a urine sample. If you have symptoms, swabs may be taken from the tip of the penis. A blood test is also advisable after 3 months to check for HIV, syphilis and hepatitis B (if you haven't already been vaccinated for hepatitis B).

THINK TWICE; USE CONDOMS AND GO FOR REGULAR CHECK-UPS.

Key Messages To Remember

- You cannot tell by looking at somebody if they have an STI or HIV. Even if a woman appears “clean” and healthy does not mean she is infection-free. Always use a condom.
- Most STIs do not have symptoms; get tested regularly.
- If you have casual or paid sex, always use condoms.
- Oral sex is low risk for HIV but there is a risk of gonorrhoea and syphilis; use condoms for oral sex.
- Protect yourself; always use condoms and get vaccinated against hepatitis B.
- If you pick up an STI or HIV, you risk transmitting it on to your girlfriend or wife. Protect your family and loved ones by protecting yourself; get tested regularly and always use a condom.

USEFUL CONTACTS AND LINKS

DSC Clinic

Outpatient clinic for STI/HIV, screening, diagnosis and treatment.

**31 Kelantan Lane
Singapore 200031
T: 6293 9648
www.dsc-clinic.sg**

Men's only clinic hours:

Wednesday 8-11am

General clinic hours:

Monday – Friday 8.00am-11.00am and 1.00pm-4.00pm (Monday and Friday to 6.30pm)

Closed Saturday, Sunday and Public Holidays.

Action for AIDS (AFA)

Volunteer organisation providing support, education and assistance to people living with HIV/AIDS, as well as anonymous HIV and syphilis testing.

**35 Kelantan Lane
Singapore 208652
T: 6254 0212
www.afa.org.sg**

Anonymous testing:

Tuesday and Wednesday 6.30pm-8.15pm

Saturday 1.30pm-3.15pm

HPB Online

Singapore Health Promotion Board's website containing information about sexual health and STIs.

www.hpb.gov.sg/sexualhealth/default.aspx?id=4590

NAM

Portal for people living with HIV and AIDS providing accurate and up-to-date HIV/AIDS information.

www.aidsmap.com

Counselling and Care Centre

Non-government, non-profit group offering counselling services.

**536 Upper Cross Street #05-241,
Hong Lim Complex
Singapore 050536
T: 6536 6366
www.counsel.org.sg**

Samaritans of Singapore

Non-profit and non-religious organisation which providing 24-hour confidential emotional support to people in crisis, thinking of suicide or affected by suicide.

**10 Cantonment Close #01-01
Singapore 080010
T: 1800 221 4444
www.samaritans.org.sg**

Positive Living Centre (run by AFA)

A safe and supportive place for people living with HIV to meet and to learn to live positive lives. It provides training, counseling, support group activities and empowerment workshops.

Contact Norani for details.

**E: norani@afa.org.sg T: 62970336
www.afa.org.sg/support.php#plc**

Project by:

DSC Clinic

31 Kelantan Lane Singapore 200031

Call 6293 9648 for appointment

www.dsc-clinic.sg