



STI/RTI and HIV/AIDS: **Prevention, Treatment and** **Management**

**Prevention and treatment
of common STI/RTI is a
crucial part of ensuring
women's reproductive
health.**

**This booklet provides
useful information
on STI/RTI as well as on
HIV/AIDS.**

STI/RTI: Prevention and Treatment



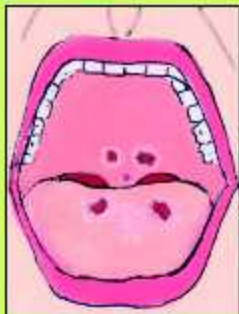
Signs/symptoms of STI/RTI

Most common symptoms in women:

1. Unusual white discharge from the vagina (may smell foul)
2. Pain in the lower abdomen
3. Sores in genital area

Not all Reproductive Tract Infections (RTI) are sexually transmitted infections. **Not all** sexually transmitted infections infect the reproductive system (e.g. Hepatitis B, HIV).





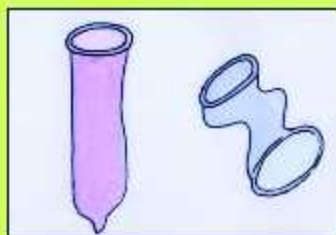
Symptoms in men:

1. Sores in genital area
2. Sores in mouth/anus

Other symptoms for both:

1. Swelling in the groin
2. Small growths/itching in and around the genital area
3. Burning sensation/pain during urination
4. Pain during sexual intercourse





STI/RTI Prevention

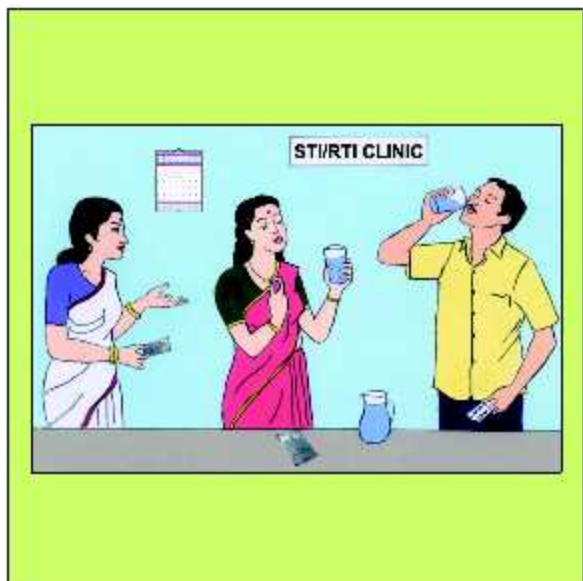
Most STI/RTI can be prevented by:

- Having only one sexual partner
- Having protected sex (using condoms) where there is any risk
- Maintaining hygiene like
 - a) cleaning external reproductive organs at the time of bath and
 - b) using clean (washed and sun-dried) cotton cloth during menstruation.

In women

- c) passing urine after sexual intercourse and
- d) using water if wiping anal area





STI/RTI Treatment

Most STI/RTI are treatable and curable.

Always show a doctor or nurse if there are symptoms. Find out in which public or private health facility good care for STI/RTI is available and go there for complete care.

For complete cure:

- Take medicines as prescribed by doctor
- Complete treatment to avoid relapse
- Ensure partner treatment to avoid re-infection





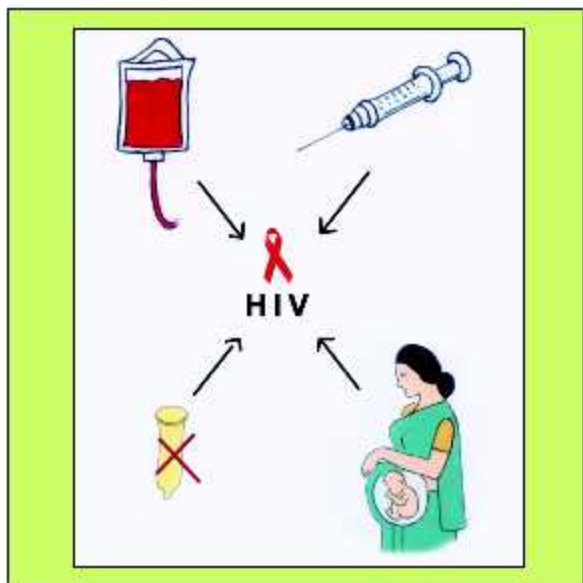
Consequences/complications of STI/RTI

STI, especially if untreated, can lead to:

- Infertility
- Long lasting abdominal pain or even cancer
- Increased risk of life-threatening STI like HIV



HIV/AIDS: Prevention and Management



Transmission of HIV

HIV spreads through the following routes:

- Through infected blood
- Through infected needles
- Through unprotected sex (sex without condom)
- From infected mother to child at the time of pregnancy, delivery, or breast feeding

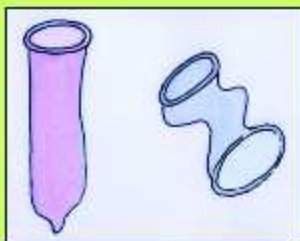




How is HIV not transmitted?

HIV **doesn't** spread by several other actions, such as eating with HIV positive people, or shaking hands with them, or sneezing, or sharing clothes and utensils etc. with them.





HIV Prevention

HIV can be prevented by:

- Using condoms during sexual intercourse
- Using sterilized needles for each injection and avoiding sharing of needles
- Using safe blood from blood bank of government hospital or recognized, certified private blood bank or hospital.





HIV Testing and Treatment

HIV testing is available at ICTC in the District Hospital free of cost.

Pregnant women should get themselves tested so that timely treatment may prevent transmission from positive mother to baby.

Treatment for AIDS (ART) is available in some district hospitals or in main government hospitals.



