

How to do it

Think about what would be the best way to tell someone - for you and for them. You can tell people in ways that feel most comfortable for you.

You could tell people:



- in person
- by phone or SMS
- by email
- through an anonymous contact tracing website.

How to tell them anonymously

There are a number of websites you can use to anonymously tell partners if you feel more comfortable doing it this way.

You can visit:



www.letthemknow.org.au

www.thedramadownunder.info

(for men who have sex with men)

www.bettertoknow.org.au

(for Aboriginal and Torres Strait Islander people)

Self-care

Even though STIs are common, and most are easy to treat, a diagnosis might still come as a surprise. If you feel upset, it might help to take some time to look after yourself and reach out for support if you need to.



Help and support



Call the Sexual Health Infolink (SHIL) to speak to a sexual health nurse and find out where to get a STI test: **1800 451 624**.

They can notify your partner(s) with you, or for you, if you don't feel comfortable. They can also help with contacting people through apps when you don't know your partner's contact details.

To find out more in your language call Translating and Interpreter Service (TIS) **131 450**.



To find out more about contact tracing and testing for STIs visit the **Play Safe** website.



CONTACT TRACING

Play Safe

What is contact tracing?

Contact tracing (also known as partner notification) is something you can do to ensure the health of you and your partner(s) after testing positive for a sexually transmissible infection (STI).

If you test positive for an STI, you should let your partner(s) know so they can look after their sexual health by getting tested too.

Where to start

- Plan what you're going to say, but don't leave it too long. It's important they get treated.
- Learn a little about your STI. For example, did you know that STIs don't always have symptoms. Your partner(s) should get tested even if they say they don't have any symptoms.

You're doing a good thing by telling your sexual partners and helping them to look after their health. Around 1 in 6 people who have sex will come in contact with an STI at some point in their life. It is nothing to be ashamed of.



What to do next

Take your medicine as directed by your doctor or nurse.

You must treat your own STI to prevent passing it along to others. If you have any questions about your treatment, please let your doctor or nurse know. You can also call the Sexual Health Infolink on **1800 451 624** to speak to a nurse.

Inform your partner(s).

Your doctor or nurse will tell you how far back you should let people know.

Tell your partner(s) in a way you'd like to be told. Let them know which STI you have been treated for and ask them to have a check-up.

Prevent reinfection.

Practice safe sex. Use condoms and lube to prevent getting an STI. Ensure your partner(s) have had a recent STI test if you have sex without a condom.

Examples of how to tell them by phone or text

Is it a good time to talk? I've got something private to tell you.

Hi, there's something I need to discuss with you. Free for a chat?

I went to the doctor and have tested positive for an STI. You should go and get a test too. It's easy to treat. Go to your nearest sexual health clinic or GP for a test, they will guide you through the process.

The Play Safe website has more information about STIs. I can send you a link so you can read more about it.

Avoid phrases like *'you've given me an STI.'* It may seem like you are blaming them for it.