

# Notify your partners.

Even though it isn't always easy to tell your partners you have an infection, most of them react well and appreciate being told.

## WHEN TO TELL THEM

As soon as possible, so your partners can be treated quickly, if necessary.

## HOW TO TELL THEM

Prepare what you will say before talking to your partners.

- Think about how you would like to be told.
- Say things simply.

Partners prefer being told:

- **in person:** choose a safe, quiet, neutral place;
- **by telephone:** make sure that it's a good time to talk.

## WHAT YOU SHOULD TELL THEM

- The name of the infection you have.
- A person can have the infection even if he or she has no symptoms.
- The infection can lead to complications and can be transmitted to other people.
- It's important to see a doctor or nurse quickly, since the only way to know if you're infected is to get tested.
- They can get information from **Info-Santé 811** or on the Government of Québec's Website ([Quebec.ca/its](http://Quebec.ca/its)).

## WHAT YOU CAN DO

- Give your partners one of the notification cards that you got from a health professional. The cards can also be accessed online ([publications.msss.gouv.qc.ca](http://publications.msss.gouv.qc.ca)).
- The card provides information about the infection and resources you can contact.

## TALKING WITH YOUR PARTNER IS DIFFICULT?

Discuss it with a friend or a health professional.

Think about other ways you could notify your partner:

- send an email with the notification card;
- send a text message. For example, the NOVA project allows you to notify partners by anonymous text message ([pvsq.org/notification](http://pvsq.org/notification)).

Emails and text messages are not all confidential.

In some cases, health professionals can notify your partner without identifying you. It's confidential and free.

## CHLAMYDIA AND GONORRHOEA: YOUR PARTNER WON'T SEE A DOCTOR OR NURSE?

Talk to a health professional about it. In some situations, he or she might write a prescription for you to give your partner; the prescription will enable your partner to get the medication from a pharmacist.

This is only in exceptional cases. It's always preferable to see a doctor or a nurse to get:

- › treatment adapted to your situation;
- › tested for other infections.

## TO AVOID GETTING ANOTHER STBBI

- Use a condom EVERY TIME you have oral, vaginal or anal sex.
- When you have oral sex, use a piece of latex to cover the vulva or anus and to avoid direct contact with the mouth.
- If you share sex toys, cover them with a condom and use a new condom for each partner.
- If you use drugs, always use new preparation, injection and inhalation equipment. Don't share any equipment with anyone.

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# An STBBI Has Come Between Us—Let's Talk About It

ADVICE FOR PEOPLE WHO HAVE JUST LEARNED THEY HAVE CHLAMYDIA, GONORRHOEA, SYPHILIS OR HIV

## FIND OUT ABOUT THESE SEXUALLY TRANSMITTED BLOOD BORNE INFECTIONS (STBBIs):

- Info-Santé 811
- [Quebec.ca/itss](http://Quebec.ca/itss) (section of the Government of Québec's Website)
- [Notification cards](#) given by health professionals; also available online at [publications.msss.gouv.qc.ca](http://publications.msss.gouv.qc.ca)
- COCQ-Sida : 514 844-2477 ou 1 866 535-0481 (toll free) and [cocqsida.com](http://cocqsida.com)
- [pvsq.org](http://pvsq.org) (Portail VIH/sida du Québec) : 514-523-4636 or 1 877 767-8245 (toll free)
- [catie.ca](http://catie.ca) (Canadian AIDS Treatment Information Exchange): 1 800 263-1638 (toll free)

## You have chlamydia, gonorrhoea or syphilis.



### TAKE THE TREATMENT AS PRESCRIBED.

- This helps prevent complications of chlamydia, gonorrhoea or syphilis.
- Treatment is free for you and your partners (upon presentation of your health insurance card).



### WAIT UNTIL YOU'RE CURED AND YOUR PARTNERS HAVE BEEN TREATED BEFORE HAVING SEXUAL RELATIONS.

- This prevents spreading the infection and the risk of getting reinfected.

How long should you wait?

#### CHLAMYDIA AND GONORRHOEA:

- Seven days after a single-dose treatment OR until the end of the treatment, if taken for several days.

#### SYPHILIS:

- As per the health professional's recommendation.

- You should also wait until you and your partners no longer have symptoms.
- If you can't avoid having sexual relations, use a condom every time you have vaginal or anal sex. Also, use a condom or a piece of latex for oral relations.



### NOTIFY YOUR PARTNERS QUICKLY.

- This reduces your risk of getting chlamydia, gonorrhoea or syphilis again from your partners who didn't take the treatment.
- If they get treated quickly, your partners will avoid having health problems and spreading the infection to other people.

Which partners should you notify?

#### CHLAMYDIA AND GONORRHOEA:

- Your partners from the past 2 months\*.

#### SYPHILIS:

- Your partners from the past 4 to 12 months\*, as recommended by the health professional.

\* If you didn't have any during this period, notify the last partner you had.

## You have an HIV infection.



### SEE A DOCTOR AND FOLLOW HIS OR HER RECOMMENDATIONS.

- Clarify your treatment plan and medical follow-up with the doctor.
  - › Taking the medication as prescribed reduces the viral load (the amount of virus in your body).
  - › The treatment is simple and effective, and will help you stay healthy, prevent complications and avoid spreading the infection.
  - › Treatment is covered by Québec's Public Prescription Drug Insurance Plan or by private insurance companies.

### TREATMENT, VIRAL LOAD AND SEXUAL TRANSMISSION

Viral load and risk of transmission are very high when a person first gets HIV.

When taken as prescribed, the medication reduces both viral load and risk of transmission. When viral load is less than 200 copies per millilitre of blood, the risk of sexual transmission is negligible (almost zero), even when a condom or piece of latex isn't used.

However, it's important to use a condom or piece of latex to prevent getting or spreading other STBBIs.



### PROTECT YOURSELF AND YOUR PARTNERS.

- If you have sex, use a condom every time you have vaginal or anal sex. Also, use a condom or a piece of latex for oral relations.
- If you take drugs, use new preparation, injection and inhalation equipment. Don't share any equipment with anyone.



### NOTIFY YOUR PARTNERS QUICKLY.

- People with whom you've had oral, vaginal or anal sex.
- People with whom you've shared drug preparation, injection or inhalation equipment.

Which partners should you notify?

It depends on the date of your most recent negative test result:

#### DATE KNOWN:

- The partners you had during the three months\* before your latest negative result until today.

#### DATE UNKNOWN:

- The partners you had during the year\* before your positive result until today,  
OR  
• as recommended by the health professional.

\* If you haven't had any during this period, notify the last partner you had.



### FIND OUT ABOUT THE OBLIGATION TO DISCLOSE TO YOUR SEX PARTNERS THAT YOU ARE LIVING WITH HIV.

- Contact VIH info droits, a legal information and advice service provided by Coalition des organismes communautaires québécois de lutte contre le sida:
  - › 514 844-2477 ou 1 866 535-0481 (toll free), ext. 34;
  - › [VIH-infodroits@cocqsida.com](mailto:VIH-infodroits@cocqsida.com)