

NOTIFICATION CARD



Chlamydia or Gonorrhoea

You have received this card because one of your sex partners has a sexually transmitted infection (STI).

Chlamydia Gonorrhoea

You might have this infection, **even if you don't have any symptoms.**

STIs can spread through oral, vaginal or anal sex.

What should I do?

See a nurse or a doctor quickly so you can

- get treated, it is simple and free

AND

- get tested, which is the only way to find out if you have an STI.

To find out where to go to get tested, call Info-Santé 811.

Avoid having sex

- Starting now and for seven days after treatment has ended. This helps avoid spreading the infection and the risk of getting reinfected.
- If you can't wait, use a condom or a piece of latex every time you have sex (oral, vaginal, anal or using a sex toy).

Why is it important?

Getting **tested** and **treated quickly** prevents:

- developing complications such as infertility, chronic pain in the lower abdomen if you are a woman or chronic infection of the prostate if you are a man;
- spreading the infection to others, including your baby if you are pregnant.

What are the possible symptoms of chlamydia and gonorrhoea?

- These infections don't always cause symptoms. A person may be infected without knowing it.
- When there are symptoms, they can include abnormal vaginal discharge, unusual bleeding, pain during sex, abnormal discharge from the penis or anus, burning sensation when urinating, and pain in the testicles or anal area.

How are chlamydia and gonorrhoea treated?

- Taking antibiotics cures these infections completely.
- The drugs are free for people who are infected and their sex partners, upon presentation of their health insurance card at a pharmacy.

How can I avoid getting an STI?

- Using a condom is the best way to protect against STIs when having vaginal or anal relations or when using sex toys.
- A condom or piece of latex reduces the risk of STI transmission during oral sex.
- It is possible to get chlamydia or gonorrhoea more than once.

If you have also received a prescription with this card.



You can obtain the treatment for free by going to a pharmacy with your prescription and your health insurance card.

IMPORTANT

- **Even if you have received a prescription, there are advantages to seeing a doctor or a nurse.** A consultation will enable you to get a follow-up that is adapted to your situation.
- **If you have symptoms, or if you're pregnant or think you are:** See a doctor or a nurse as soon as possible instead of going to the pharmacy with the prescription; another treatment may be better for you.

For additional information:

Go to the Government of Québec Website at [Québec.ca/itss](https://quebec.ca/itss).

Call Info-Santé 811