

# Have safe sex

13/11/2020

Sexually Transmitted Infections (STIs) are caused by viruses, bacteria, or other microorganisms.

They are transmitted primarily through sexual contact (oral, vaginal, anal) without the use of a male or female condom with a person who is infected. Transmission of an STI may also occur from the mother to the child during pregnancy, childbirth or breastfeeding.

Treatment of people with STI improves quality of life and disrupts the transmission chain of these infections. The care and treatment are free of charge at Brazil's public health services (SUS).

The term Sexually Transmitted Infections (STIs) has been adopted instead of Sexually Transmitted Diseases (STDs), because it highlights the possibility of a person having and transmitting an infection, even without signs and symptoms.

Some STIs may have no symptoms in either man or woman and, if not diagnosed and treated in time, may progress to severe complications such as infertility, cancer, and even death.

Using condoms in all sexual relations is the most effective way to reduce the risk of transmission of these infections, especially the HIV virus, which can also be acquired through contaminated blood transfusion or by shared syringes and needles, mainly due to the use of injecting drugs and the unprotected mother to the baby during pregnancy or childbirth and through breastfeeding.

The use of condoms (male or female) in all sexual relations (oral, anal and vaginal) is the most effective method to avoid transmission of STIs, HIV / AIDS and viral hepatitis B and C. It also serves to prevent pregnancy.

The male or female condom can be withdrawn free of charge at Brazilians health facilities.

Those who have unprotected sex may contract an STI. It does not matter age, marital status, social class, gender identity, sexual orientation, creed or religion. The person may be apparently healthy but may be infected by an STI.

Combined prevention includes the use of male or female condoms, prevention, diagnosis and treatment of STIs, HIV testing, syphilis and viral hepatitis B and C, post-exposure prophylaxis to HIV, immunization for HPV and hepatitis B, prevention of Vertical transmission of HIV, syphilis and hepatitis B, antiretroviral treatment for all PLHA, harm reduction.

More information [here](#).