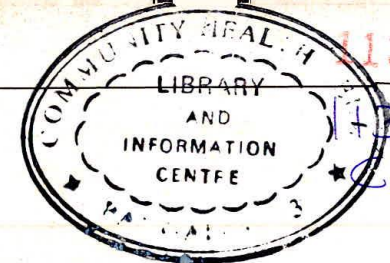




This Booklet
Would help
You to
Maintain Good
Sexual Health



How to use this booklet?



This booklet would prove a good medium for you to give your message to others. Through this booklet you would be in a position to create awareness among health workers and/or your neighbours about sexually transmitted diseases (STD) and their disastrous consequences. Further you would be able to advise them on how to protect from STD and to maintain healthy sexual relations.

In this campaign you can meet a person individually or married couples in private and talk to them frankly. You can talk to them at the health centres or see them at their homes. You can also call small meetings of men or women consisting of 3 or 4 persons to convey messages.

To make these meetings more effective some suggestions are given below :

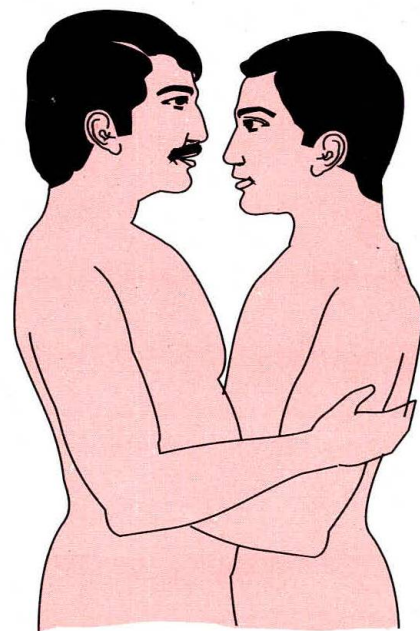
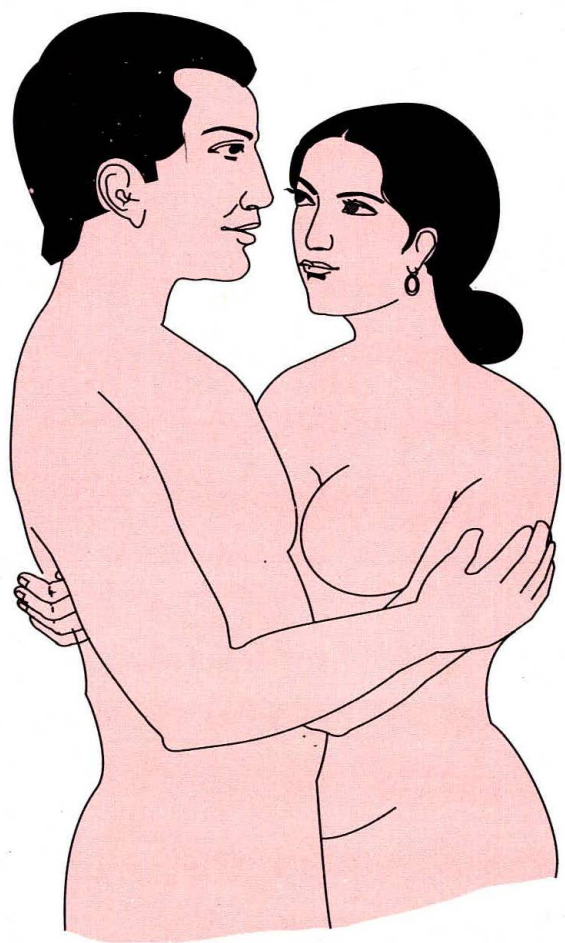
1. Start the discussion with some general health topic, e.g. how to avoid pregnancy or how to conceive etc.
2. Hold the picture on the right side of this booklet at a higher level so that everyone can see it conveniently.

3. Now read the information given on the left side of the booklet and simultaneously explain the picture.
4. Allow and encourage the audience to ask questions and on the basis of answers to these questions, you can continue your discussion and proceed further.
5. Distribute a packet of condom free to everyone present in the meeting. Kindly ensure that they open the packet and examine the condom. Now tell them in detail, step by step, how to use condom properly. If the persons present in the meeting do not object, take a banana to represent penis and show how a condom should be used.
6. Kindly note in your diary important points and queries made in the meeting so that you may discuss these with your colleagues. This would help you prepare for the next meeting.
7. You can easily make additional copies of this booklet. It is very simple and economical to make photo copies of this booklet. When a person asks for a copy of the booklet, you can give a copy to him.



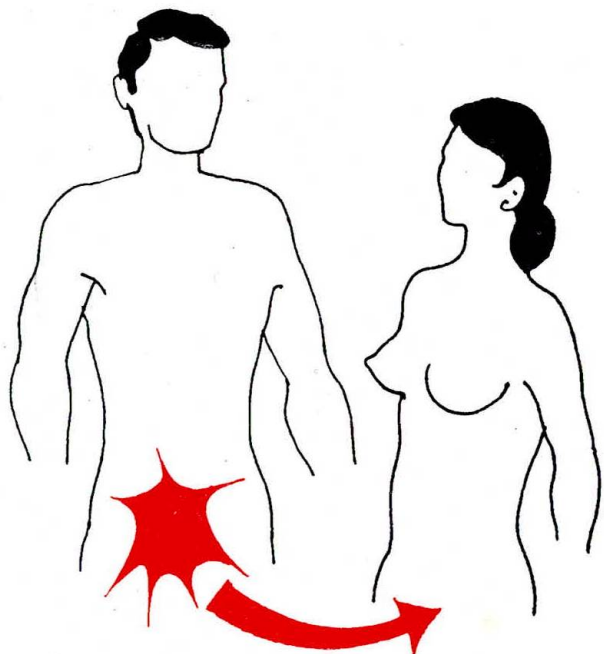
Yes, you can also suffer from STD.

If you have natural vaginal or unnatural (annal) sexual intercourse with an infected person.

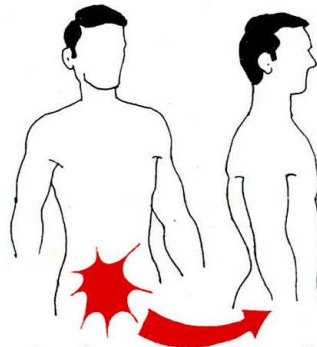


STDs are a group of communicable diseases which are transmitted from an infected person to a healthy person mainly through sexual intercourse.

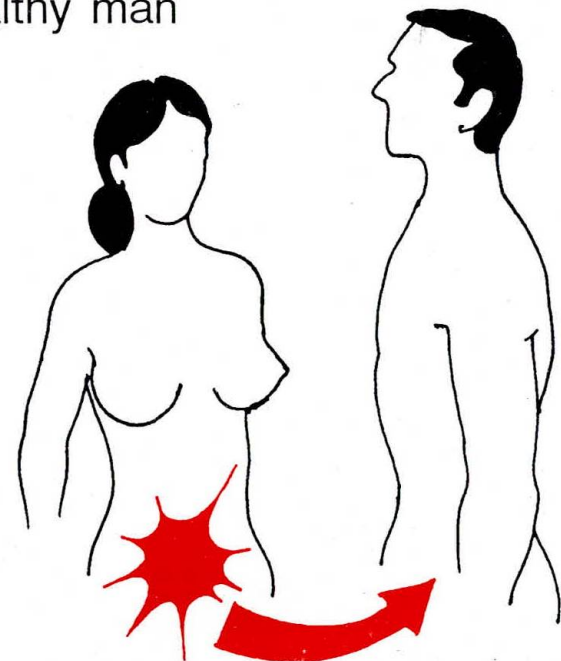




Infected man, healthy woman



Infected man, healthy man



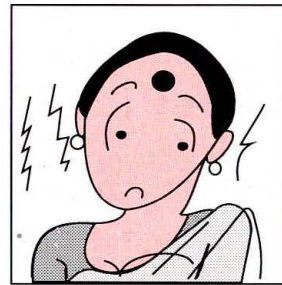
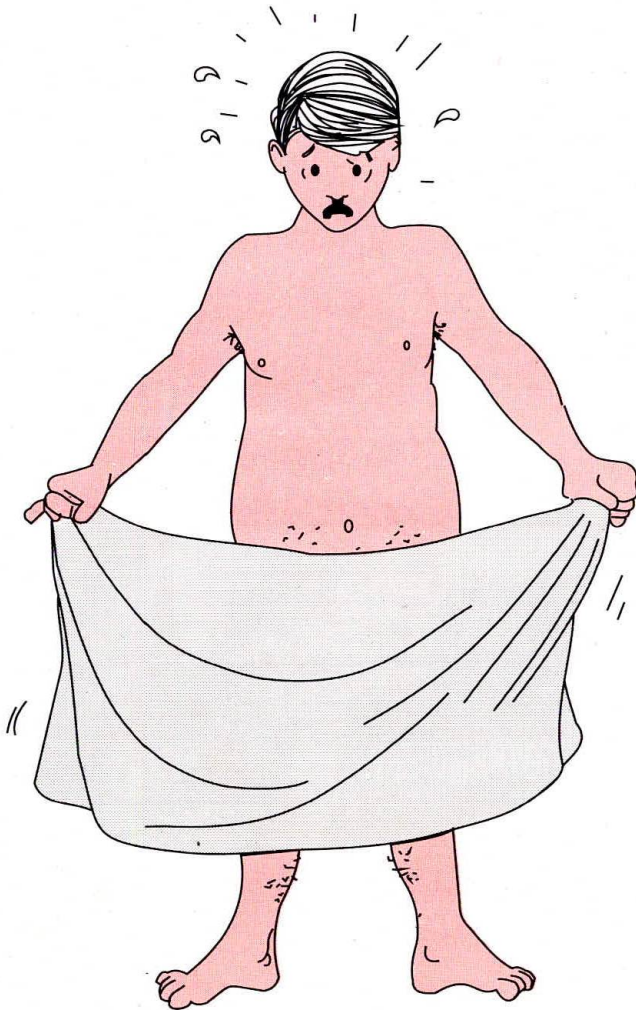
Infected woman, healthy man



Many STDs show early symptoms causing pain and/or discomfort to genitals.



Symptoms of STDs (in men and women)



Drip or discharge from penis/vagina.



Sores/ulcers on or near sex organs.



Burning or pain when passing urine.

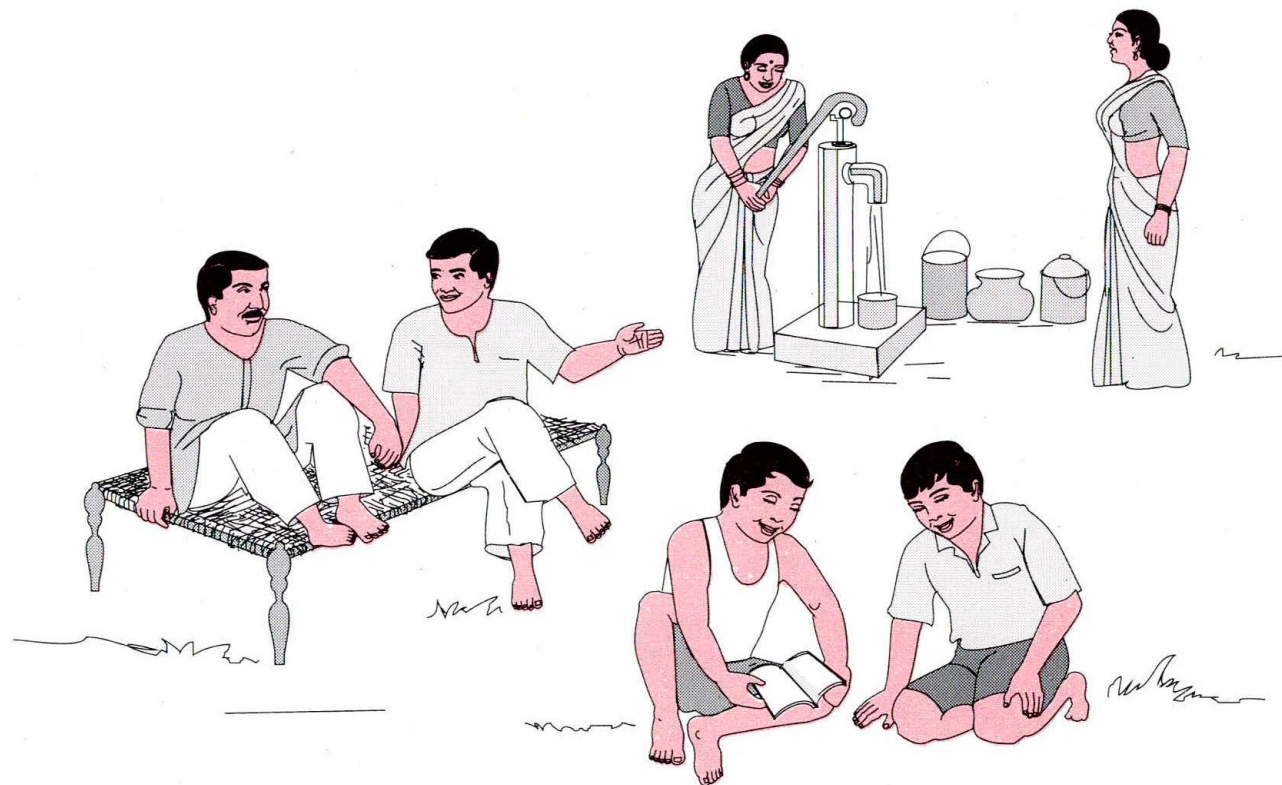


Can I have a STD even if I don't show any symptoms?

Yes, sometimes a person can be infected with a STD and look and feel perfectly healthy. Some STDs show no symptoms, particularly in women.

Remember your partner may look perfectly healthy to you but is infected with a STD.





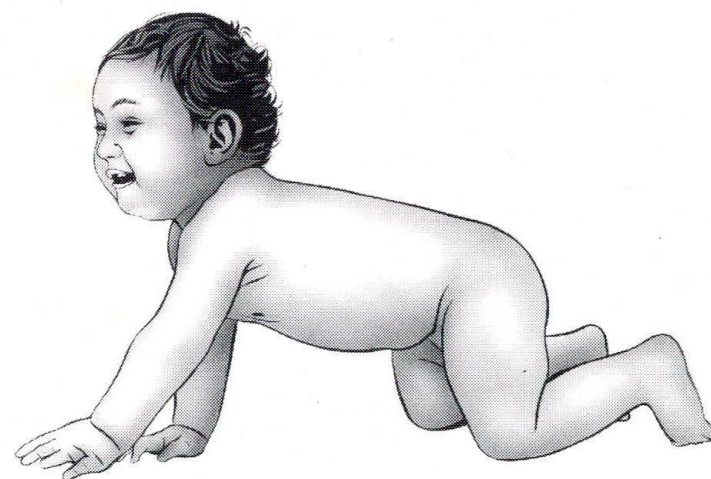
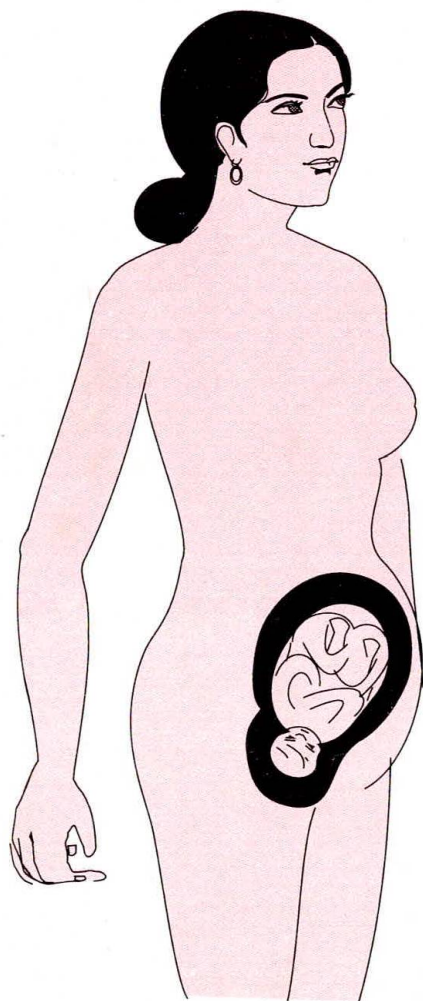


How can STDs harm me?

STDs can lead to infertility amongst men and women, and complications in pregnancy which lead to miscarriages, still births or birth defects in infants.

STDs increase the risk of acquiring AIDs
AIDs is fatal and has no cure.





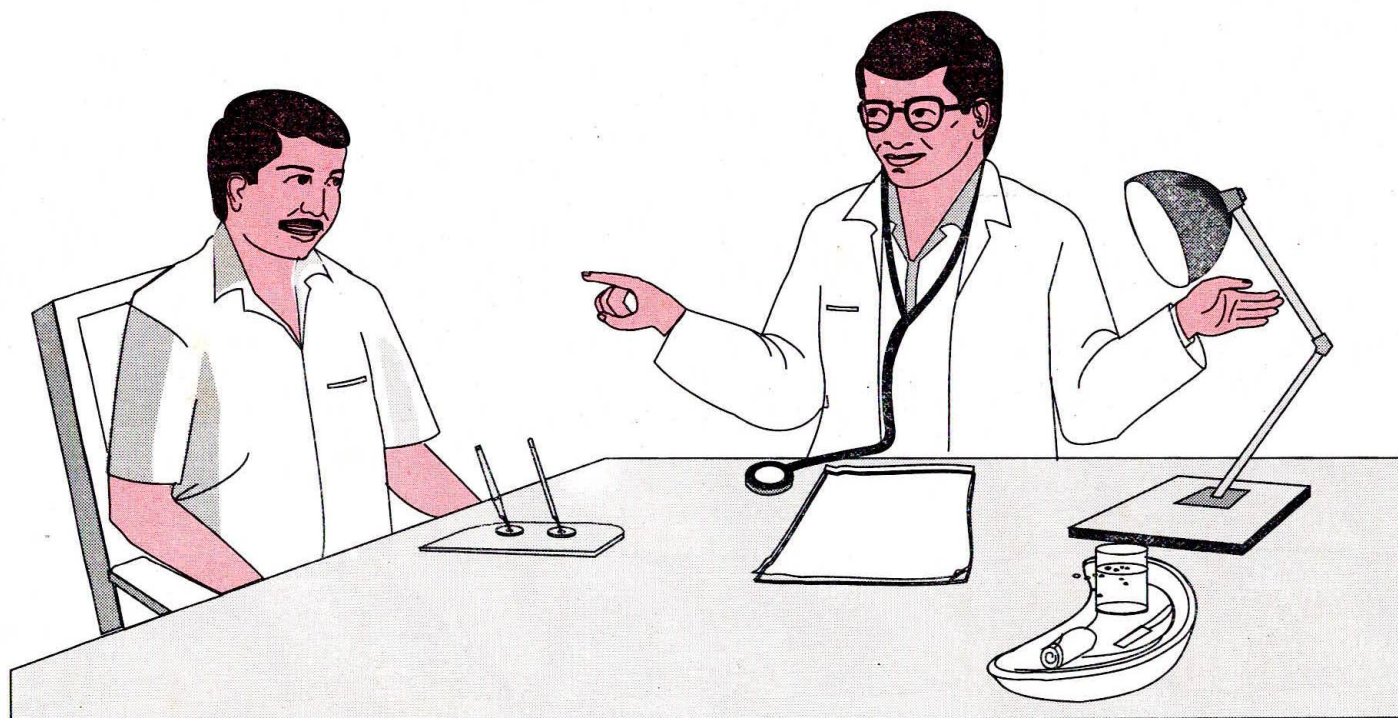
When sex organs are healthy
a healthy child is born.



What can I do if I have any symptom of STDs?

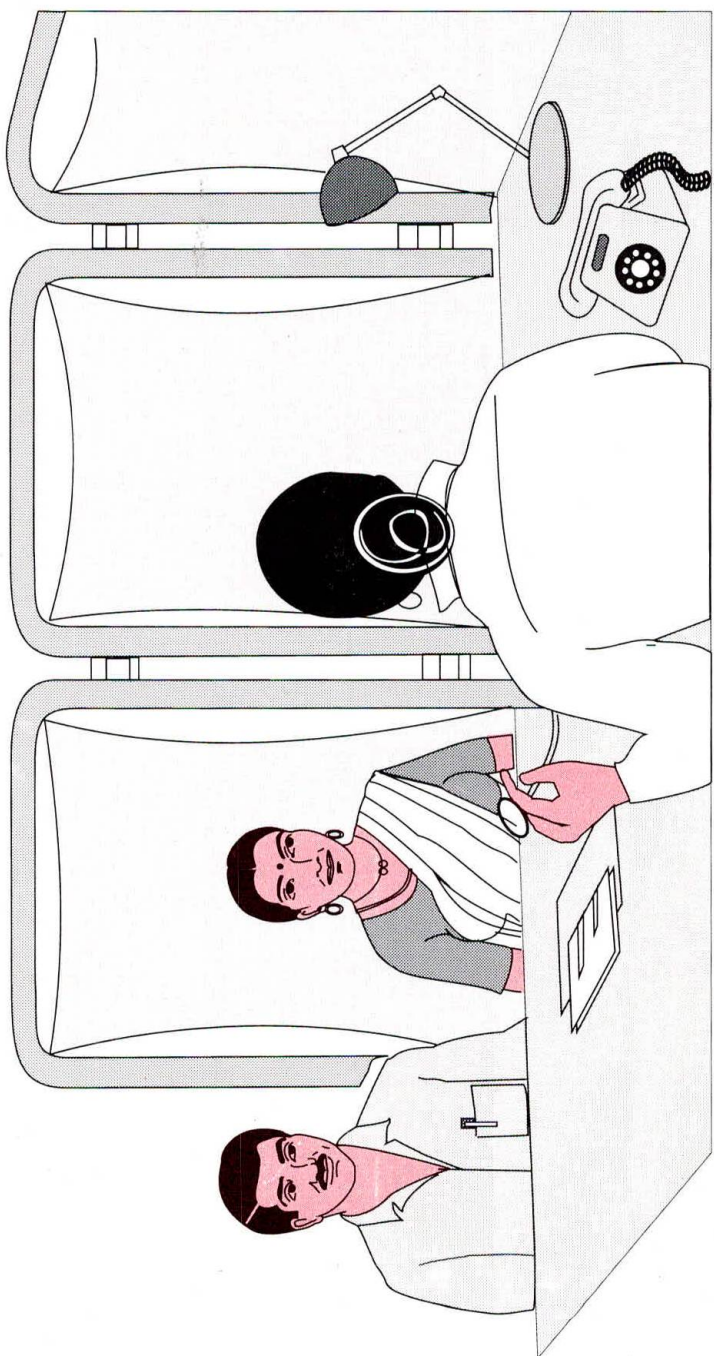
Seek medical treatment immediately. Most STDs can be cured with proper medical treatment. Do not delay medical treatment as this increases the health risk.

Untreated STDs can cause serious problems like chronic ill health, disability or even cancer.



Urge your partner to seek medical treatment

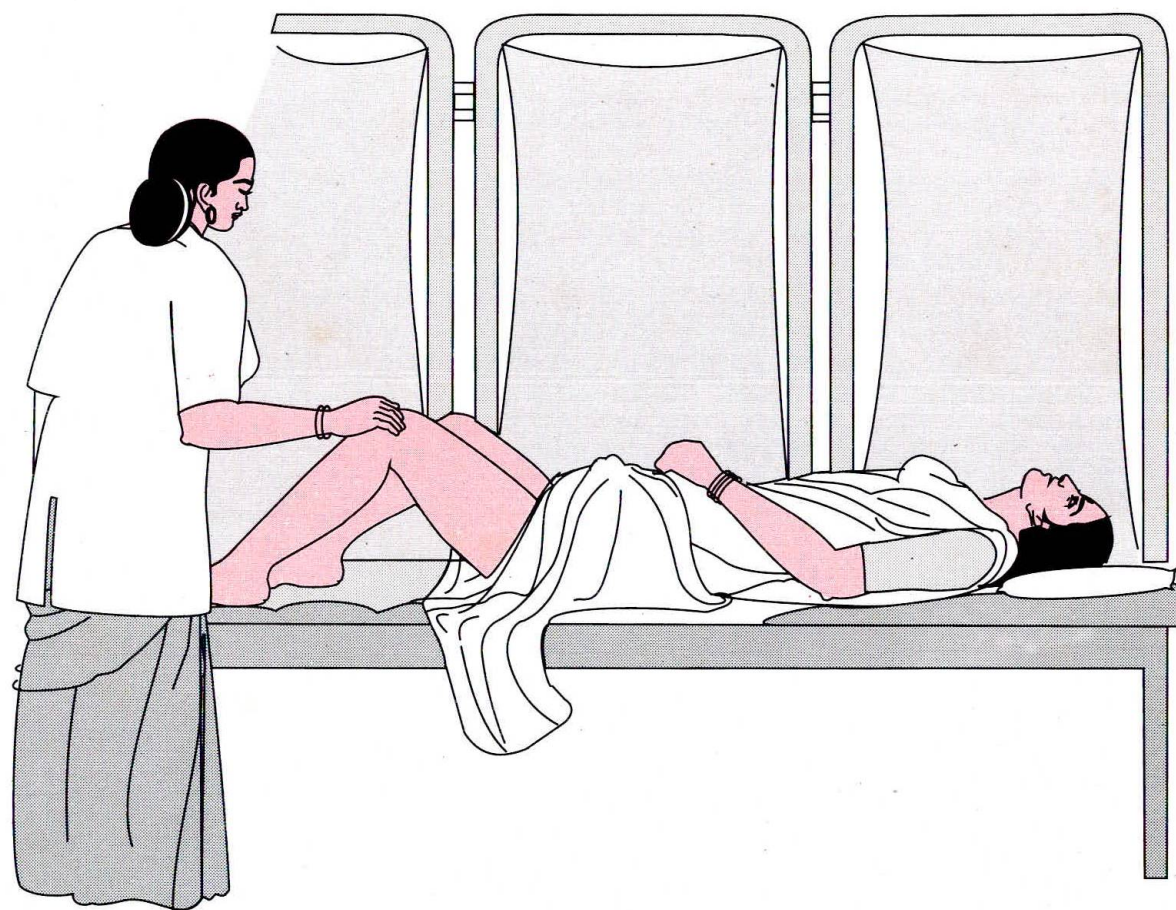
It is most likely that your sexual partner is infected with the same STD as you and so both of you need immediate medical attention.



Help your doctor to help you.

Follow your doctor's advice carefully. Incomplete treatment can aggravate disease and long-term problems may crop up.

If symptoms do not disappear, go back to your doctor for further medication. You can be infected with more than one STD at the same time.



There are no magic remedies for STDs.



Quacks may increase risk to life.

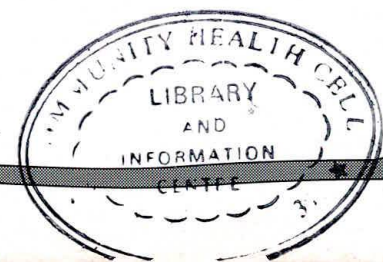
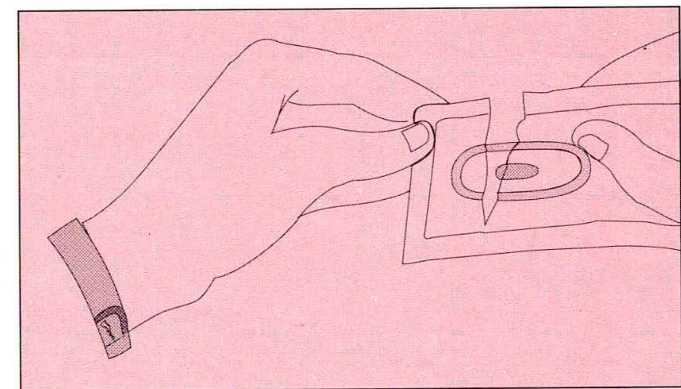
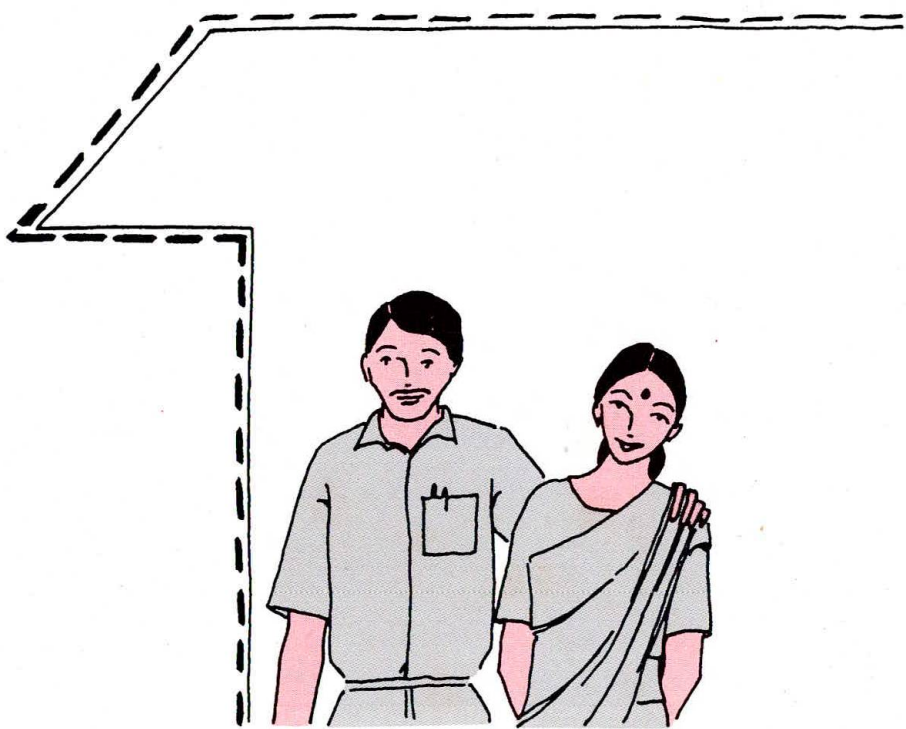




How can I protect myself from STDs.

1. Keep healthy sexual relations with your partner. Regular check-ups lead to early diagnosis of STDs. So both of you should seek medical advice.
2. Remember, your partner may look healthy to you but he/she can still be infected with a STD. Always use condom during intercourse.



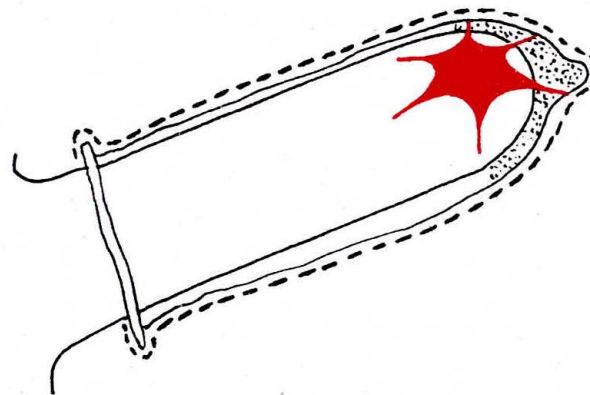
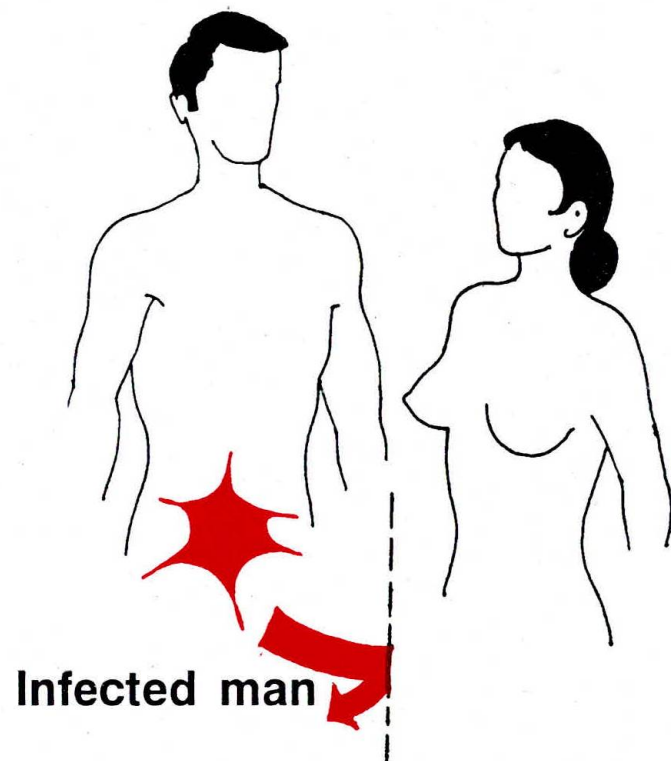


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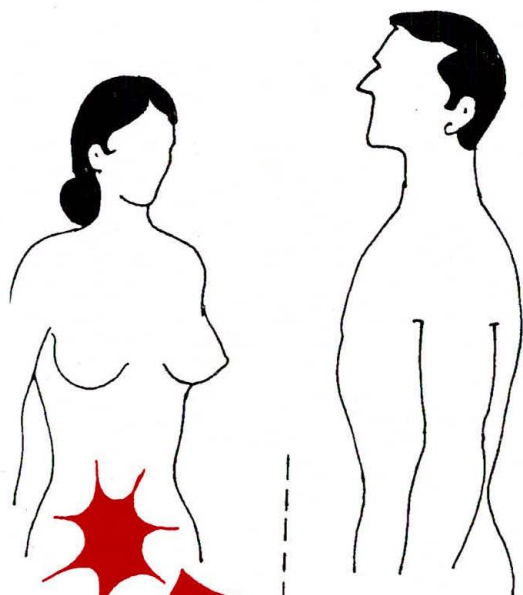
How condom use can save you from STD?

Because during intercourse semen of an infected person remains inside condom and does not come in contact with female vagina.

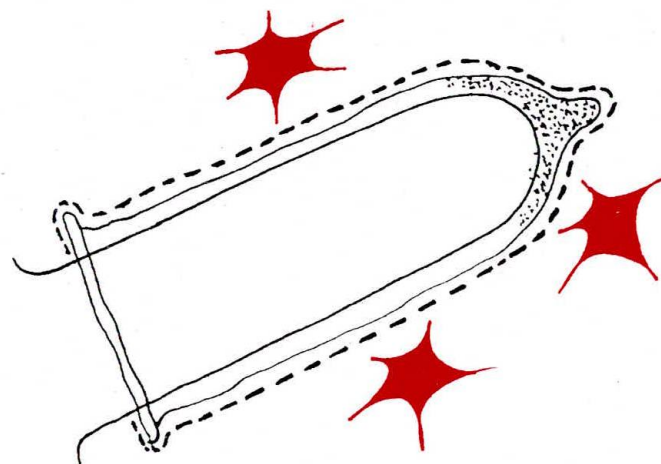


If the woman is infected, STD infection in vaginal fluids stay outside condom. It does not come into contact with penis.





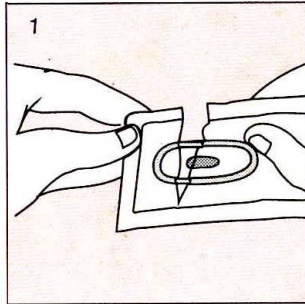
Infected women



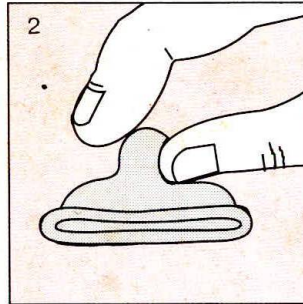


Must use a condom everytime you have sex. Proper use of a condom is essential for your protection.

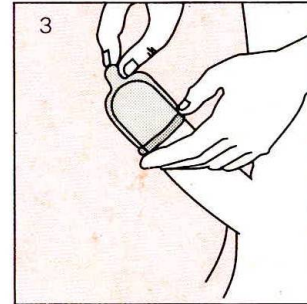




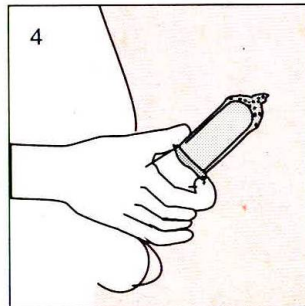
1
Open the package carefully so that the condom does not tear.



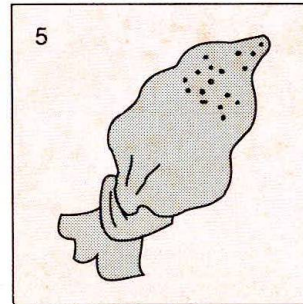
2
Pinch the condom's tip between forefinger and thumb.



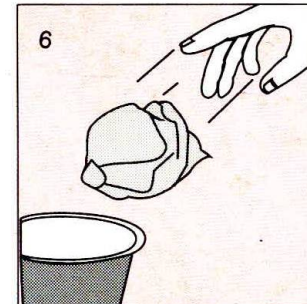
3
Continue squeezing the condom tip, and unroll to cover erect penis.



4
After sexual activity remove condom carefully without spilling fluid.



5
Knot the open end of the condom.



6
Wrap the condom in paper and throw it in a dustbin.

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