

let's talk about

health

MidCentral District Health Board

Symptom free is no guarantee

You can catch a Sexually Transmitted Infection (STI) without realising it. STIs don't always have symptoms which mean you might not feel any different.

The only way to know for sure is to get tested.

Always use protection

Your best protection against STIs is to always use a condom. Anyone who is sexually active can catch an STI, at any age. If you are planning to have unprotected sex, make sure you get tested first.

For peace of mind, go and get a sexual health check at your sexual health clinic, youth clinic or GP practice.

**RESPECT YOURSELF
PROTECT YOURSELF**

STIs left untreated can cause infertility

If left untreated, STIs can lead to health problems later in life for both women and men. Problems could mean difficulty conceiving children. If you have had unprotected sex, protect your whakapapa by having an STI test.

WEAPONS

OF MASS

PROTECTION

Let's Talk About Health is a regular column produced by MidCentral DHB. If you have any feedback or suggestions for future topics, please phone (06) 350 8945 or send us an email to communications@midcentraldhb.govt.nz



Find your local clinic

MidCentral Health Sexual Health Service | Free for all ages
Palmerston North | Dannevirke | Levin
0800 808 602 or (06) 350 8602

Youth One Stop Shop
Free for ages 10–24 years
Palmerston North (06) 355 5906
Levin (06) 368 0863

“Check Up” Youth Clinic
Free for ages 10–18 years
Drop in clinic | Dannevirke
(06) 374 9214

Your local GP team
Free sexual health checks for under 25 years of age