

Beer Goggles Johnny's guide to sexual health and HIV

"Keep it wrapped"



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"If it's not wrapped,
it ain't coming in!"

Fiona the Femidom



Over the next few pages, Johnny will be putting down his pint and taking off his beer goggles, to guide you through this down-to-earth sexual health guide, created by experts in Sexual Health and HIV Medicine.

It is for men and women and contains everything you need to know about HIV, STIs (sexually transmitted infections) and sexual health services. Johnny and his mates will try to keep you healthy and make sure you have fun in the safest possible way – whether you end up wearing beer goggles or not!

Lets get started...

How to avoid HIV and STIs

(Sexually Transmitted Infections)

The simple advice is to use a condom all the time, and every time, you have sex. If you use condoms properly they are extremely effective at preventing HIV, STIs, and pregnancy.

You can't tell by looking if someone has HIV or an STI, so it's important to take responsibility for yourself, respect your partner and make sure you use a condom each time you have sex. This advice is not just for guys: if you're female, it's just as important. Carry condoms - it's the responsibility of both of you to get it right! It also gives you some control over the situation. Just remember: "if it ain't wrapped - it ain't coming in." If you're planning on going away on holiday and use female condoms, don't forget to take some with you as they can be hard to get hold of abroad.

Many STIs are symptomless and about one in three people carrying HIV in the UK are completely unaware that they have the infection. If you get exposed to either an STI or HIV, you may not know about it until many years later, and even unknowingly pass the infection on to your regular partner or other people with whom you have sex. This is medically termed transmission, meaning passing from person to person.

We support an 'all the time, every time' condom policy in order to prevent transmission. We provide free condoms and encourage all sexually active people, who have had unprotected sex at some time in their lives, to get tested for HIV and STIs. This can be done confidentially at any sexual health clinic, or through your GP - an HIV test is nothing fancy, just a blood test.

Johnny and Fiona's 'All the time, every time' top tips on how to keep it covered:

- Using a condom shows a sign of respect.
- Take them with you on a night out so you are prepared.
- Men should always wear a condom from start to finish.
- Women should carry condoms and make sure their partner uses one.
- Always remember to take condoms with you when travelling, as ones sold abroad may not be as high quality as those stamped to meet British standards.
- Female condoms are also available, but again, remember to pack these in your suitcase as they can be hard to get hold of abroad.



10 things you should know about STIs

with Latex Larry



1 Some STIs can harm unborn babies, so testing during pregnancy is essential.

2 Chlamydia is now the most common sexually transmitted infection in the UK.

3 If you have had unprotected sex, get yourself tested!

4 Syphilis is back... and it's as infectious as ever.

5 Herpes and Syphilis are often passed on by oral sex.

6 Condoms, used properly, can protect against the majority of STIs, HIV and unwanted pregnancies.

10 Chlamydia can cause infertility and ectopic pregnancy.

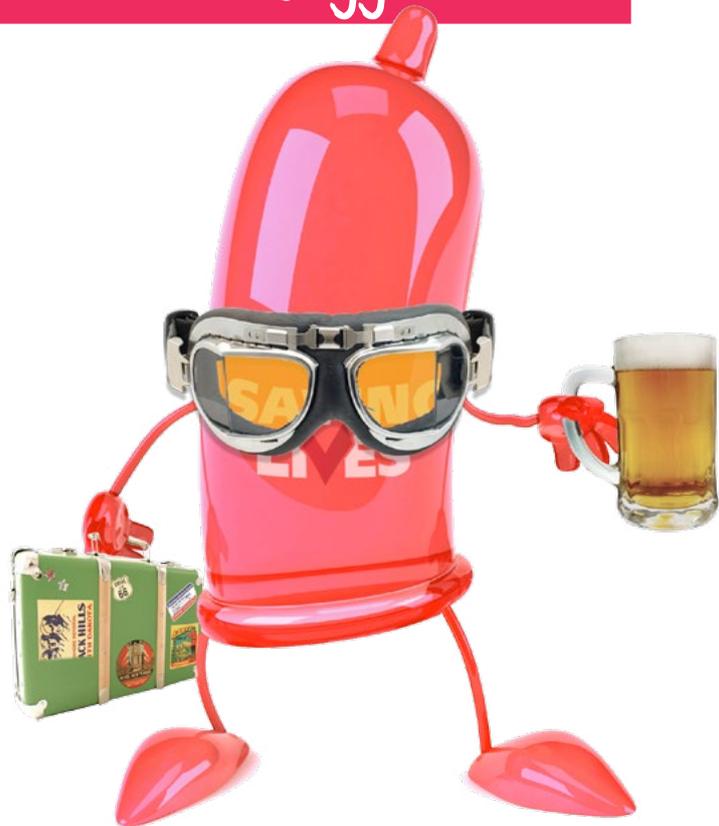
9 Most men and women with Chlamydia show no symptoms, but still can pass it on.

8 Chlamydia cases have doubled in the last 6 years.

7 A urine test or self-taken swab can test for Chlamydia and gonorrhoea.



Good times, Alcohol and Beer Goggles



Wherever you live or wherever you decide to travel, whether at home or on holiday, each year you will meet lots of new people from across the world. Whether at school, college, in the hotel, at university, on the beach or at work you will, no doubt, find plenty of time to be out and about having fun in bars and clubs with friends.

After a few drinks and a little influence from the infamous beer goggles, it may be that you 'hit it off' with someone and take them back to yours, or even end up going back to their place, where you might end up having sex. This is when you need to be most careful, and make sure you use a condom to protect yourself and your partners from HIV or other STIs. Experts have proven that both males and females are susceptible to beer goggles syndrome, and both varieties can cloud your judgment - especially when it comes to sex.

Recent research has shown that nearly one in ten 18-34 year-olds in the UK drank so much while watching sporting events, in person or on TV, that they can't remember what they did afterwards! An HIV and STI test is one way of making sure you didn't do anything with longer term consequences than you'd like.

Think of the ways to remind yourself of a simple rule: 'all the time every time'. That way, you'll remember, even under the influence, that you don't want to be going home with anything other than good memories. To make you aware of what really is 'out there', check out Larry's 10 things you should know about STIs and Robbie's 10 things you should know about HIV.



How do people catch HIV?

There are only four ways in which HIV can be transmitted from one person to another:

1

Sex without a condom

This is by far the most common means of transmission and straight couples are equally at risk as gay partners. HIV does not discriminate in this way. Condoms are currently the best way to reduce the risk of becoming infected with HIV or giving it to someone else during sex.



We believe that young people and adults are able to make their own decisions about who they have sex with, but that all choices must be with respect to your own health and the health of your partner. Using a condom is a mark of respect.

2

Drug injection with a contaminated needle

Sharing needles is a high risk behaviour and a potential cause of HIV transmission. If, for any reason, you are injecting steroids (or any other drug), you should always use a clean needle and dispose of it safely after use.

There is a very small risk of a needle-stick injury resulting in HIV transmission which is why all needles must be safely handled and disposed of.



3

Blood and blood products

Due to advances in medical screening, there is negligible risk that transmission could occur through a blood transfusion or during an organ transplant. Virtually every country now has effective screening mechanisms to ensure that this does not happen and there is no reason not to undergo surgery or to have a transfusion when recommended by a qualified physician.



4

Mother to child transmission

Children can become infected from their mother at childbirth or through breast feeding. However, this risk can be prevented provided the mother's HIV status is known in advance.



10 things you should know about HIV

with Ribbed Robby



10

Transmission of HIV can be prevented by using condoms.

9

Early diagnosis and treatment can result in a long, healthy life.

8

The earlier pregnant women are diagnosed, the less likely they are to infect their baby.

7

Taking an HIV test does not affect your mortgage or insurance premiums but it could save your life.

1

1 in 4 people infected with HIV in the UK are unaware they are infected. (That's over 25,000 people!)

2

The number of people living with HIV in the UK has trebled in the last 10 years.

3

If you have ever had unprotected sex, take the test - this simple easy test could save your life.

4

Today, More than 100,000 people are living with HIV in the UK

5

Late diagnosis is associated with significant mortality and is avoidable if people are tested early.

6

Over 95% of women now have HIV tests performed when they are pregnant.



Taking a HIV test



Did you know...?

- We want to encourage many more people to take HIV tests regularly. This is the only way we are going to stop the spread of HIV and will enable doctors to give you effective lifesaving treatment.
- If you just want to be sure for peace of mind, you can come along to any sexual health clinic in complete confidence for an HIV test for peace of mind. Alternatively, simply ask your GP.

- The latest generation of HIV tests that are used in sexual health clinics will accurately diagnose or exclude HIV infection in over 95% of people, as long as the test is taken 1 month after the time of exposure. (In a very small number of individuals the test may take up to 3 months to become positive.) Ask your doctor which tests they are using.
- If you have ever had unprotected sex, take the test - this simple easy test could save your life.
- Over 95% of women now have HIV tests performed when they are pregnant.
- This simple measure has prevented hundreds of babies from becoming infected with HIV, because transmission can be prevented if HIV is diagnosed early in pregnancy.
- Even if you are feeling 100 per cent well, there could still be a chance that you are HIV positive. The virus might be damaging your immune system without you knowing it.
- You can still transmit HIV to your sexual partners or, if you are pregnant, to your unborn baby when you feel well. The only way to know if you are positive is to take the test.



Having a sexual health MOT

Follow this advice to get yourself sorted and tested with Johnny!

If you had a few too many drinks that may have led to your beer goggles clouding your judgement on a night out, you need to get yourself checked. Even if you can't quite remember what happened on that 'night out,' it could have led to an unexpected sexual encounter.

This could be you - whether at home or away this year, if you have had unprotected sex, or simply can't remember – get yourself checked to be sure. There is every chance that you may have come into contact with an STI or HIV, so don't take a risk with your sexual health by pretending it hasn't happened.

Untreated STIs can lead to infertility and damage to the body's vital organs. In some cases, it can even be fatal. You can get yourself checked out by asking for a sexual health MOT at any sexual health clinic in the UK.

All sexual health clinics are confidential and every step will be taken to protect your privacy. You do not need a GP letter to visit a sexual health clinic - you can book an appointment yourself. We will only inform your GP if you would like us to do so. After explaining your situation to a medical professional, doctor or nurse, they will advise you on what to do next.



"Will I need to have an umbrella pushed down my willy?!"

Ouch?!...



NO! Most men can have tests for STIs done on a urine sample these days.

If you really want the answer straight away AND you have an strange discharge coming from your penis, a swab taken in a sexual health clinic can give the answer in a few minutes. If you have no symptoms you don't need a swab, just a urine test.

It's likely that you will be recommended to take a sexual health screen – think of it like an MOT for your sexual health. This usually takes around 30 minutes and involves a small amount of blood being taken, along with a urine test for men and self-taken vaginal swabs for women.

"We recommend taking a sexual health MOT at least once a year."

It may be recommended that you have further tests if your doctor thinks they're necessary, and this will be discussed with you at your appointment. As soon as the tests have been taken, the samples will be sent away and checked for a range of STIs including syphilis and HIV. You will usually get the results back after a short wait of around two weeks, or earlier if they are positive.

You can either return to pick them up or arrange to collect them by phone. In the event that your results are positive, you will be told what to do next either in person or over the phone.

If you are sexually active we recommend taking a sexual health MOT at least once a year, especially if you have unprotected sex with more than one person.



Bit for the ladies

What will happen when I visit the clinic for a check-up?

For most women this is a very quick and easy process. Here is a short guide to help you know what to expect!

- A doctor or nurse will call you into a consulting room to have a quick chat. They'll ask you some questions about symptoms and what sorts of things you've been up to so that they can decide which tests you need. Some people find this embarrassing but the doctor or nurse will have heard it all before! Remember, it's all confidential.
- If you don't have any symptoms, all you'll need are a blood test and a vaginal swab test that you can take yourself. You'll be given instructions about how you do this – don't worry – it's not as complicated as putting in a tampon!
- If you do have symptoms sometimes the doctor or nurse will recommend that you have swabs taken by them. This involves getting on an examining couch and having a speculum test like you would for a smear at your GP practice. This takes about 10 minutes -- then they might ask you to wait afterwards for some preliminary results.
- By doing these extra swabs we sometimes find out that what's causing your symptoms isn't an STI at all but something called 'bacterial vaginosis' or 'thrush' (see back of booklet) and can give you some treatment straight away.
- That's it! Your full set of results will usually be ready within two weeks (and if something's positive it's often sooner than this). You'll be given instructions about how to get your results before you leave the clinic.

Remember! Everything you do and say from the moment you walk through the door is completely confidential and the staff will always treat you with respect.



Unexpected problems



“Unexpected breakages” “can’t remembers” and emergency contraception...

Oooops, the condom split... do not fear – emergency contraception is here! This will make sure you do not have to worry about booking in for any other kind of tests...

An ‘unexpected breakage’, ‘can’t remember if you actually used one’, or ‘they put it in a little bit first’: all of these count as unprotected sex and therefore puts you at risk of STIs and HIV. However, you may also might want to consider the question, ‘Could I be pregnant?’

This will be more or less likely, depending on your time of the month, but remember that if you have suffered from an upset stomach, taken antibiotics or other forms of medication, then your regular contraceptive may not work effectively...

Emergency contraception can be taken up to 72 hours, that’s three days, after the incident. There’s also a new pill which can be taken beyond this date, but ask your doctor or nurse about it. It is, however, more effective in preventing pregnancy if taken as soon as possible. It’s available at all sexual health and contraception clinics or from your GP. From the chemist, it can be quite expensive, costing around £25.

The coil, or IUD, is also classified as a method of emergency contraception and will work in the same way as the pill to prevent pregnancy. It can be fitted and effective up to five days after having unprotected sex, and remain in place as a highly effective contraceptive device for 3-10 years.

Some types of contraception suit some people but not others so it’s important to find the right one for you.

Remember, the Pill does not protect you from STIs or HIV!



Going on holiday?

If you are heading away on holiday this summer, you may have already sorted your vaccinations and travel insurance. Now it's time to let Johnny help you make sure you get your sexual health covered too.



According to the World Health Organisation, every year an estimated 333 million episodes of curable sexually transmitted infections occur throughout the world. These are a major cause of infertility, illness and death. So it's even more important to remember "all the time, every time" whilst away.

HIV and hepatitis B and C are far more prevalent in some parts of the world than in the UK and the risk of infection is therefore much higher. All of these viral infections can have serious life-threatening consequences. Many STIs cause no symptoms at all (this is referred to as asymptomatic), and may not have any external signs to see.

Others, such as the human papilloma virus (HPV) and the herpes simplex virus (HSV), can remain silent for years before causing conditions such as genital warts, genital cold sores and even cervical cancer. You can arm yourself with a vaccination against some strains of HPV and hepatitis

A and B, but there is still no effective vaccine for HIV, herpes simplex virus, hepatitis C, syphilis, chlamydia or gonorrhoea.

Vaccinations will not protect you from the majority of STIs you are likely to encounter whilst away, so condoms are vital luggage to keep you safe. Your GP can advise you on the vaccines available and may be able to provide you with free condoms. If not, any sexual health clinic or contraceptive service can provide you with them free of charge.

When you're away enjoying a few drinks and the beer goggles are out to play – remember, always think of Johnny sitting on your shoulder shouting: 'think 100 per cent condoms – all the time, every time!' If you decide to take a lady home, or go back with a young man, do not let the beer goggles spoil your fun.

Always practice safer sex and always remember, Beer Goggles Johnny's girl always says: 'If it's not wrapped, it's not coming in!'

'Vaccinations will not protect you from the majority of STIs you are likely to encounter whilst away, so condoms are essential wear.'

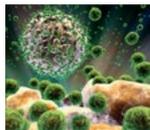


The A-Z of STIs and stuff like that

A

AIDS

The term stands for Acquired Immune Deficiency Syndrome.

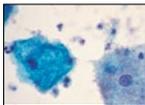


If HIV isn't treated, the gradual weakening of the immune system leaves the body vulnerable to serious infections and cancers which it would normally be able to fight off. These are called 'opportunistic infections' because they take advantage of the body's weakened immunity.

If someone with HIV develops certain opportunistic infections, they are diagnosed as having AIDS (see HIV).

B

Bacterial vaginosis



This is the most common cause of unusual vaginal discharge, which develops when the normal environment of the vagina changes. It is not an STI, but can develop after sex and can also be caused by hormonal changes. If you have noticed any recent changes, you may want to speak to a doctor or nurse who may recommend a test for this.

C

Chlamydia



This is one of the most common STIs but very easy to treat and cure. Up to one in ten sexually active young people are thought to have chlamydia, often with no signs or symptoms being present. If you have had unprotected sex, it is important to be tested for this, as, if left untreated, it can cause many complications for women, including infertility.

G

Genital warts



These are the most common viral STIs caused by the human papilloma virus (HPV), passed on through sexual contact. There are over 100 different types of HPV that can affect different parts of the body – not everyone that has the virus develops warts.

Gonorrhoea



A common bacterial STI that can easily be passed on to both men and women. Anyone who is sexually active can get it and pass it on – you don't need to have lots of sexual partners. Gonorrhoea can lead to infertility in both sexes.

H

Hepatitis A, B and C



Hepatitis A is an infectious disease of the liver caused by the hepatitis A virus (HAV), which is most commonly transmitted through contaminated food or drinking water and sexual fetishes that involve faeces. Vaccinations are available to prevent this form of the virus. The time between infection and the appearance of the symptoms is between two and six weeks and the average incubation period is 28 days. Testing is needed to detect it.

Hepatitis B is an infectious illness caused by hepatitis B virus (HBV) which infects the liver, causing inflammation. Transmission of the virus results from exposure to infected blood or body fluids and can also be transmitted sexually or from mother to baby. There is a vaccine available to prevent this.

Hepatitis C (HCV) is a viral infection affecting the liver. It is spread by blood-to-blood contact and often has no initial symptoms, classified as 'asymptomatic.' Once established it can progress to scarring of the liver and, in some cases, cirrhosis that can lead to the development of liver failure.

There are no preventative vaccines available for this form of hepatitis. Most people have few, if any, symptoms after the initial infection, so testing will be needed for detection. More recently, HCV has been identified as a STI, particularly among gay men.

HIV stands for human immunodeficiency virus.



HIV is most commonly transmitted sexually, although it can be passed on through using or sharing infected needles, blood or blood products. There's no evidence to suggest it can be spread by direct non-sexual contact or insect bites, so you can't catch HIV by talking to someone, shaking their hand, sharing a glass, or using the same toilet.

HIV weakens and damages the body's immune system and both men and women can have HIV and pass it on – so don't judge by appearance, always remember to use a condom. Most infected people look healthy and have no symptoms of illness, with one in three people infected being completely unaware... That's a bit scary.

Herpes



One of the common STIs caused by a virus called herpes simplex, also the cause of common cold sores. There are two types of the virus, which can infect the genital and anal area in addition to the mouth, nose, fingers and hands. Many people will have no symptoms, but some may notice visible signs four to five days after coming into contact with the virus.

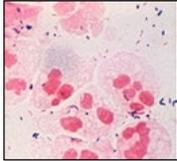


The A-Z of STIs and stuff like that

L

LGV

known in full as Lymphogranuloma venereum.



This STI is primarily an infection of the lymphatic tissue of the groin and lymph nodes in men. It is caused by chlamydia trachomatis (a strain of chlamydia). The symptoms may include pain, bleeding or discharge from the anus. Early recognition and testing for LGV is needed to ensure it can be treated with antibiotics. There have been large outbreaks of sexually acquired LGV among gay men in the UK in the last few years.

P

Pubic lice



These are tiny parasites that live in coarse body hair and have a crab-like appearance – these lice are often referred to as crabs. These can be passed from one person to another through sexual contact and can be caught by both men and women.



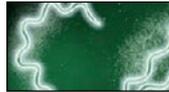
S

Scabies



Tiny parasites cause the condition of scabies by burrowing into the skin and laying eggs. The mites are smaller than a pinhead and can cause intense itching, a red rash or tiny spots to the infected area. Both men and women can get and pass them on through close bodily contact.

Syphilis



One of the less common STIs, but if left untreated can cause very serious health problems in men and women. This includes damage to the brain, heart, eyes, internal organs, bones and the nervous system, leading to death. You can only be certain that you have syphilis if you get booked in for a blood test to check.

T

Trichomonas vaginalis



Also referred to as TV, this is an STI caused by a tiny parasite that is found in the vagina in women and urethra in men. It is passed on through sexual contact, with up to half of infected men and women having no signs or symptoms for at least a month of coming into contact with the infection. You can only know it is trichomonas for sure if you have a test.

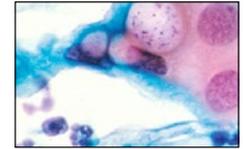
Thrush



Not in the STI classification but can sometimes develop after having sex. It is caused by a yeast called candida albicans that lives on the skin and in the mouth, gut and vagina. When conditions in the body change, it causes a reaction that can produce signs and symptoms in men and women – this is called thrush.

U

Urethritis and non specific urethritis (NSU)



This is caused by inflammation of the urethra, the tube where urine comes out. There are many different causes, not all passed on through sex, with symptoms such as pain, redness and/or swelling of the tube. Urethritis can be caused by gonorrhoea and chlamydia. If the germ isn't identified it is called NSU.



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