

I've had a test
and it seems I
have syphilis

I don't know which of us had it when
we got together, but it's more than
likely we both have it now...

Hi – don't know if you remember me
from Ibiza. I had a check up and I've
got Gonorrhoea. Can't remember if
we used a condom so you should
probably get checked out. Sorry!
Dave.

Send

One of us must have caught it before
we got together – it doesn't mean
either of us has been sleeping around!

Ok – thanks for letting me know –
that must have taken some guts! I'll
make an appointment this week.

Our Health Advisors are located at:

- St Marys Community Health Campus
Portsmouth
📞 0300 123 6687
- Royal South Hants Hospital
Southampton
📞 0300 123 6684
- Crown Heights
Basingstoke
📞 0300 123 6685
- Winchester
📞 0300 123 6685
- Aldershot
📞 0300 123 6685

For more clinics and times visit:

www.letstalkaboutit.nhs.uk

or call: **0300 300 2016**

Informing your partners of an STI [contact tracing]

Some ideas to make that conversation a bit easier...

If you have recently been diagnosed
with a sexually transmitted infection,
you will have been asked to contact
previous sexual partners to let them
know they are at risk.



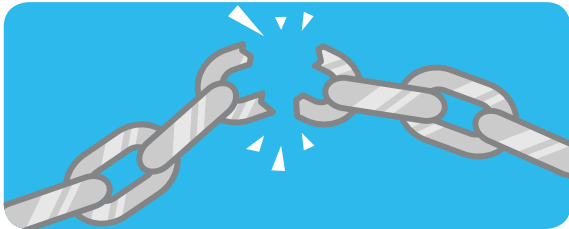
Why do I need to tell them?

A lot of people are embarrassed to find they have a Sexually Transmitted Infection (STI). Telling someone you've slept with is probably the last thing you want to do. However, it is really important that you do.

STIs can lead to serious complications if left untreated. Many people have no symptoms and may not realise they have an STI. Some STIs can be life threatening.

Once you have told your partners, they can get tested and treated.

You have a vital role to play in the fight against STIs. Telling your sexual partners that you have an STI is the key to breaking the chain of infection.



How do I tell them?

Whether you do it in person, by phone, by text, by email or by private message on social media is up to you but remember the more respect you show, the more likely the situation is to go well.

Let's be honest, there's never a good time and the longer you leave it, the worse it's going to get. Get it done as soon as you can.

Hints and Tips

- **DO:** Plan what you're going to say. Keep it short and be prepared. Stay calm!
- **DO:** Get some information about the STI from www.letstalkaboutit.nhs.uk
- **DO:** Name the infection(s) you have been treated for. This will ensure that your partner can get the correct treatment.
- If you're phoning, check you've called at a good time for a chat.
- If you're worried, or unable to tell a partner, speak to a Health Advisor at Solent Sexual Health (see contact details on back page of this leaflet).
- **AVOID** playing blame games. There's often no way of telling who gave what to whom. Yelling "You gave me Chlamydia!" down the phone is not the way forward. Try "I've had a check up and I've found out I've got Chlamydia, so I think you should get checked too, just in case."
- **AVOID** having sex with any partner again until you are sure they have finished their treatment.
- **REMEMBER** If there is an ex who you don't want to contact, and you have a phone number, email or address, our Health Advisors can contact them anonymously on your behalf.

Social Media:

If the only way you have to contact someone is social media consider messaging them your phone number and asking them to phone you.

- **DO:** Use a private message.
- **AVOID** posting on their wall for all their friends to see.

Locality Dating apps

(such as Tinder, Grindr)

If you recognize the avatar/username of someone you have had sex with, you can send them a private message.

What if I don't know who I had sex with?

If you used a particular location, you may be able to put a message out for users of that location on particular days.

- Some people create a new username for this purpose, to protect their identity. An example:

I was at Portsdown Hill on Saturday 6 June, and I've been diagnosed with syphilis. If you were there too, I'd suggest you get checked out.

