

Public Service Announcement

Protecting against sexually transmitted and bloodborne infections

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Nunavut-wide

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It is important to protect yourself and your partners from sexually transmitted and bloodborne infections (STBBIs) such as syphilis.

STBIs can often have no symptoms, which means they can go unnoticed and untreated. If left untreated, they can lead to serious long-term health impacts, including chronic illness, infertility, complications during pregnancy, and increased risk of other infections.

Regular testing and timely treatment for infections such as chlamydia, gonorrhea and syphilis can help prevent these outcomes and reduce the risk of more serious infections, including HIV and hepatitis B and C. HIV, syphilis and hepatitis B and C can be detected through a blood test available at local health centres.

The Department of Health reminds Nunavummiut they can protect themselves and their partners by using barrier methods such as internal or external condoms and dental dams, getting tested regularly at their local health centre, and following treatment plans provided by healthcare professionals.

Anyone who is sexually active should consider regular STBBI testing. This is especially important if you:

- have symptoms of a STBBI.
- have a new sexual partner.
- have unprotected sex.
- have more than one sexual partner, or a partner who may have other sexual partners.
- are pregnant or planning a pregnancy.

For more information about STBBI's and sexual health, visit www.irespectmyself.ca.

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Media Contact:

Charmaine Deogracias
Manager of Communications
Department of Health
867-975-5712
CDeogracias@gov.nu.ca

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