

The most common Sexually Transmitted Diseases (STI)

Chlamydia
Gonorrhea
Syphilis
Genital herpes

Hepatitis B
HIV / AIDS
Genital warts (HPV)



Getting tested is courage,
responsibility, and self-love.

Don't Forget!

#NOSHAMEINTESTING!

Get informed. Get tested. Get protected.

**Caring is not shameful
- it's attractive.**

#NoShameInTesting #STI #GetTested
#HealthForAll #StopTheStigma
#ProtectionIsPower #StopTheSpread
#STIAwareness #CaringIsAttractive

**Take Care of Your
Sexual and Reproductive Health**



CFLI/FCIL
Canada Fund for Local Initiatives
Fonds canadien d'initiatives locales



Disclaimer

This brochure was prepared by Action for Mothers and Children (AMC) within the framework of the Canada Fund for Local Initiatives (CFLI) Project "Reducing the transmission of STIs and improving sexual health in Kosovo." The content of this material is the responsibility of AMC and does not necessarily reflect the views of the Government of Canada.

What are STIs?



Sexually Transmitted Infections (STIs) are diseases passed from one person to another through vaginal, oral, or anal sexual contact.

They are caused by bacteria, viruses, or parasites and affect both women and men.

According to the WHO, more than 1 million people are infected with an STI every day.

Most people are not aware they are infected because they often have no symptoms.



If left untreated, these infections can affect reproductive health, cause pregnancy difficulties, infertility, and increase the risk of other infections.





How are STIs transmitted?




Through unprotected sexual intercourse
(via semen, blood, or vaginal fluids)

From mother to child during pregnancy,
childbirth, or breastfeeding



Through sharing needles or sharp
instruments

More rarely, through transfusion of
untested blood

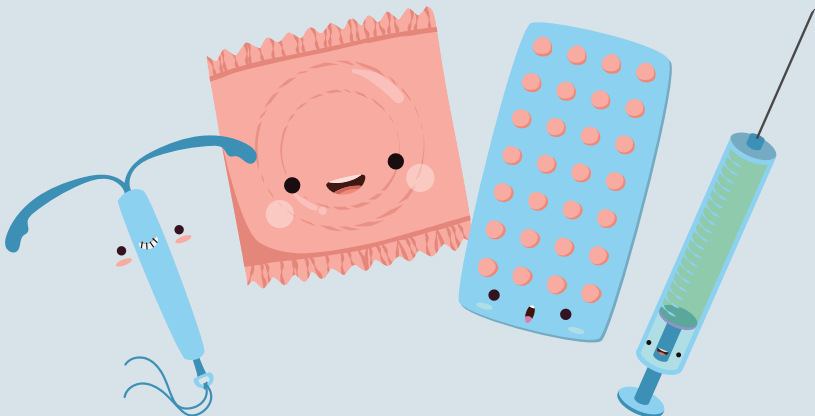


**STIS ARE NOT TRANSMITTED
THROUGH HUGGING, SHARING FOOD,
OR USING THE SAME TOILET.**

How to Protect Yourself?

- Always use condoms
- Get tested regularly
- Get vaccinated against HPV and Hepatitis B
- Maintain good personal hygiene
- Get tested during pregnancy

*In many cases there are no symptoms.
Therefore, regular testing is the only way to know
for sure if you are infected.*



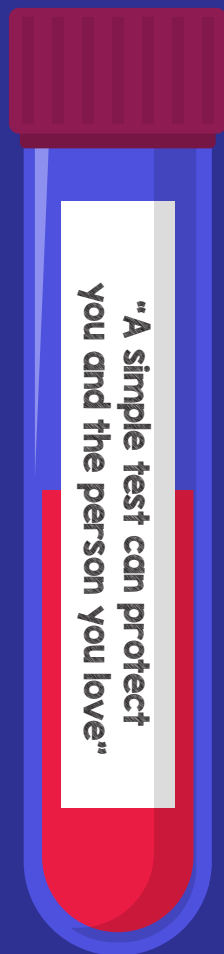


Why Is Testing Important?

Testing is quick, accurate,
and confidential.

Early treatment:
Prevents complications

Protect your health and your partner's.
Helps stop the spread of infections.



*Getting tested is not shameful
– it's responsibility
and care for your health.*

*Speak openly, stay informed,
and take control of your
sexual and reproductive health.*

Can (STIs) cause other health problems?

YES.

Some STIs can spread to the uterus and fallopian tubes, causing Pelvic Inflammatory Disease (PID).

Untreated infections can lead to infertility and ectopic pregnancy, which can cause serious complications, including fetal or maternal death.

Some STIs, such as HPV and Hepatitis B, are also linked to cervical and liver cancers.

STIs can be transmitted from mother to baby during pregnancy, childbirth, or breastfeeding if not properly treated.

What if I'm pregnant?

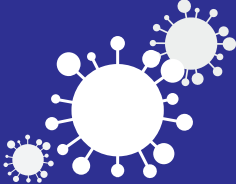
If you are pregnant and think you might have an STI, or if you have symptoms, contact your doctor immediately.

Most STIs can be safely treated during pregnancy to protect both you and your baby.

Early testing and treatment help prevent serious health problems for the newborn.



The Most Common Symptoms

Unusual discharge from the genitals	Burning or pain during urination	Sores, ulcers, or itching in the genital area
Pain during sexual intercourse		Lower abdominal pain (in women)

Where Can You Get Counseling and Testing in Kosovo?

Main Family Medicine Centers (MFMC)

Regional Public Health Centers
(Ferizaj, Mitrovica, Peja, Prizren, Gjilan, Gjakova)

Regional Hospitals– Gynecology Departments

National Institute of Public Health of Kosovo (NIPHK)
– Department of Microbiology, Prishtina

UCCK – Gynecology & Obstetrics Clinic,
Dermatovenerology Clinic, and Infectious Diseases Clinic

Non-Governmental Organizations: Labirinti,
CSGD, and KOPF offer free counseling and information