

GETTING OFF TO A GOOD START





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WHAT YOU NEED TO KNOW !



First and foremost : Sex is fun !

To keep it that way, as STI's are part of sexual life, remember to protect yourself and get tested.

In Belgium, the number of STI's detected is constantly rising, particularly among young people!

STD > STI =
Sexually Transmitted Infection(s)

STI's affect everyone

Everyone is at risk of catching an STI at some point in their lives, especially if they are sexually active.

Most of the time, there are no symptoms, which is why you need to be screened regularly. All it takes is a blood test, urine test, smear and/or visual examination of the genitals.

If an STI is left untreated, the consequences can be serious: infertility, cancer, etc.

Having an untreated STI increases the risk of contracting others. On the other hand, most STI's, if detected early, are easy to treat !

To keep on having fun, check out this booklet and go to : www.depistage.be

TRANSMISSION MODE TABLE

Summarising the modes of transmission of all STI's in a table is no easy task.
Specialist opinion is sometimes divided on certain issues.
Don't hesitate to talk to your doctor.
Here is a table showing the latest consensus.

	VAGINAL PENETRATION	ANAL PENETRATION	FELLATIO	CUNNILINGUS	ANILINGUS	SEXUAL CARESS	KISS	SYRINGE EXCHANGE	SNIFF	MOTHER/ CHILD
HIV/AIDS	●	●	○***					●		●
HEPATITIS A					●					
HEPATITIS B	●	●	●	●			○	●	○	●
HEPATITIS C	●	○						●	○	○
SYPHILIS	●	●	●	●	●	●	○	●		●
HERPES	●	●	●	●	●	●	○			●
HPV	●	●	●	●	●	●				○
CHLAMYDIA	●	●	○	○	○	○				●
GONORREA	●	●	●	●	●	○				●
TRICHOMONAS	●		○	○	○	○				●

○	LOW RISK	○	MEDIUM RISK	●	HIGH RISK	●**	RISK WITH BLOOD
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When exchanging sex toys, make sure you also use a condom.

* Human PapillomaVirus
** During unprotected sex and/or sex involving blood (fisting, menstruation, lesions, etc.).
*** There is a low risk of fellatio if sperm is injected into the mouth and the mucous membranes are damaged.

TABLE OF STI SCREENING TIMES

If you are **at risk**, it is important to get tested.
However, not all STI's can be detected quickly.
It can take several days or even weeks to detect them all.
It is useful **to have regular screening**.

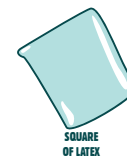
	RISK-TAKING	7 DAYS	2 WEEKS	6 WEEKS	2 MONTHS 8 WEEKS	3 MONTHS 12 WEEKS	MORE THAN 3 MONTHS
HIV/AIDS				BLOOD TEST		RAPID TEST/Self-TEST	
HEPATITIS A							
HEPATITIS B							
HEPATITIS C						BLOOD TEST RAPID TEST	
SYPHILIS				BLOOD TEST		RAPID TEST	
HERPES							
HPV							
CHLAMYDIA							
GONORRHEA							
TRICHOMONAS							

Full screening for the most common STIs is therefore generally possible **6 weeks** after a high-risk sexual contact. **In some cases**, your doctor may advise you to be tested earlier (for HIV) and/or later (for hepatitis). Please note: this advice may vary from person to person. If you notice anything unusual, **don't wait !** See a doctor for a check-up and, if necessary, have yourself screened and **treated**.

HOW TO AVOID STI's ?

PROTECT YOURSELF !

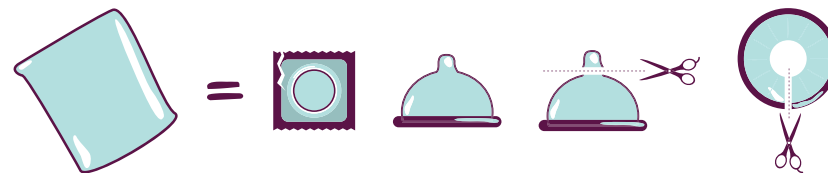
- External condom* : limits contamination during oral sex and/or penetrative sex
- Internal condom** : limits contamination during penetrative sex
- Latex square*** : limits contamination during mouth-to-vulva and mouth-to-anus intercourse
- Latex glove : limits contamination during hand/genital area and hand/anus intercourse



Do It Yourself - the latex square

You can buy latex squares in shops or make your own :

- Open the condom
- Cut the reservoir so that the condom is open on both sides
- Cut lengthways. For ease of use, keep rolled when cutting.
- Unroll the condom before use



* Formerly called masculine

** Formerly called feminine

*** See glossary - page 42

GOOD TO KNOW

There are vaccines against the following STI's :

- Hepatitis A
- Hepatitis B
- HPV/Papillomavirus



WHAT IS TROD*?

Have you heard of rapid tests, also known as TROD? Thanks to a simple drop of blood, you can find out in just a few minutes whether you are infected with HIV, syphilis and/or hepatitis B and C.

For the results to be reliable, there must be a period of 12 weeks between the high-risk sexual encounter and the date on which the TROD is carried out.

Any reactive (positive) result must be confirmed by a blood test.

The TROD can be carried out by non-medical staff trained in screening. Some associations, family planning centres (www.betested.be) and medical centres offer them free of charge and anonymously (see centres p. 36). Tests must be CE marked.

You can also buy an HIV self-test from a pharmacy, i.e. a TROD that you can carry out yourself.

For your information, TRODs are also available for *hepatitis C* and *syphilis*.

FOR HIV/AIDS

• Preventive treatment :

PrEP (pre-exposure prophylaxis) is an active oral preventive treatment against HIV available to most-at-risk groups such as men who have sex with men, trans people** or people from countries with a high prevalence of HIV. Contact a specialist HIV centre*** or visit www.myprep.be.

• Emergency treatment :

PEP (post-exposure prophylaxis)

To be taken as soon as possible, no more than 72 hours after high-risk sex (assault, high-risk partner, sex between men, etc.), you can go to the emergency department, if possible in a hospital specialising in HIV**, to ask for PEP.

• Undetectable = Untransmissible, treatment as prevention

Current treatments mean that people living with HIV can no longer transmit the virus sexually to their partner(s).

Having an undetectable viral load means that, thanks to medication, the amount of virus in the body is so low that it is no longer possible to detect it in the laboratory. In other words, an HIV-positive person who obtains an undetectable viral load thanks to their treatment no longer transmits the virus sexually and protects their partners.

* Rapid diagnostic test

**Trans - Transgender people

*** HIV specialist centre - see page 37

CHLAMYDIA



Fact sheet: CHLAMYDIA

Type : Bacteria

Symptoms : Usually without symptoms. In other cases, there is pain when urinating or in the lower abdomen/throat/anus, an unusual discharge from the genitals and sometimes irregular bleeding.

Consequences : Severe infections, sterility

Screening : Vaginal, anal and/or throat swab and/or urine sample

Treatment : Antibiotics

Particularity : There are no symptoms in 70% of cases. It is possible to become infected again, even after treatment and recovery. There are several forms of chlamydia, some more virulent than others, such as lymphogranulomatosis venereum (LGV).

Its symptoms are sometimes different from those encountered in more classic chlamydial infections. LGV can leave serious after-effects if left to develop: ulcerations, swelling of the genitals, abnormal narrowing of the anus, etc.

Protection : External* or internal* condom, latex square**

Recommendation : It is advisable to undergo regular screening, even if there are no symptoms. Please note that only 2 gonorrhoea/chlamydia tests are reimbursed per year.

More information at www.depistage.be

* See page 11

** Cf. glossary - see page 42

GONORRHEA

AKA CLAP



Fact sheet: GONORRHEA

Type : Bacteria

Symptoms : There are usually no symptoms. In other cases, there is an unusual discharge (from the penis or vagina), irritation of the penis or vulva, pain in the lower abdomen, a burning sensation when urinating or pain in the throat and anus (often with discharge of fluid)

Consequences : Sterility

Screening : Vaginal, anal and/or throat swab and/or urine sample

Treatment : Antibiotics

Special feature : You can be contaminated again even after treatment and recovery

Particularity : You can be contaminated again even after treatment and recovery

Protection : External* or internal* condom, latex square**

Recommendation : It is advisable to undergo regular screening, even if there are no symptoms. Please note that only 2 gonorrhea/chlamydia tests are reimbursed per year

More information at www.depistage.be

* See page 11

** Cf. glossary - see page 42

SYPHILIS



Fact sheet : SYPHILIS

Type : Bacteria

Symptoms : Early stage oral, genital or anal chancre* (may go unnoticed) and skin rash

Consequences : In advanced stages, joint, cardiovascular and neurological complications

Screening : Blood test and clinical examination. TROD** possible, but only to diagnose a first infection

Treatment : Injectable antibiotics

Protection : External*** or internal*** condom and latex square*** allow you to reduce the risk of exposure, but do not offer total protection, as chancre can be found on other parts of the body

Recommendation : Regular screening Syphilis can be treated well and is of no consequence when it is diagnosed early

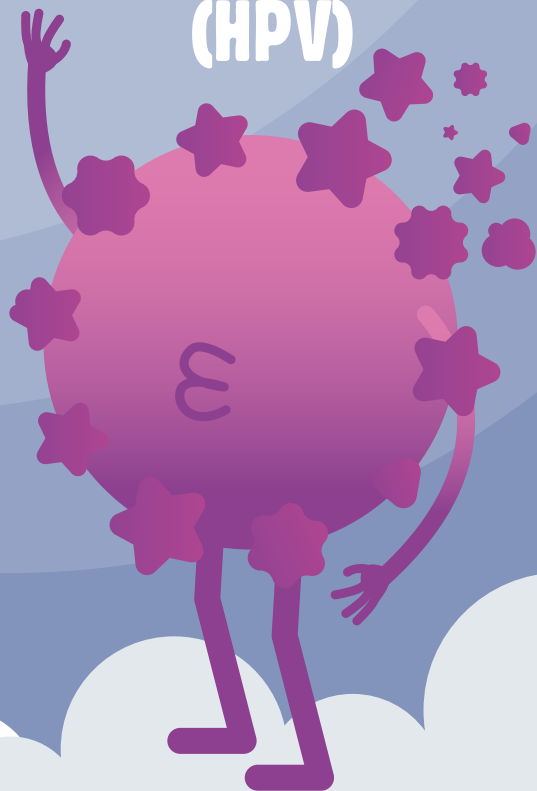
More information at www.depistage.be

* Cf. glossary - see page 42

** See page 12

*** See page 11

HUMAN PAPILLOMAVIRUS (HPV)



Fact sheet: HUMAN PAPILLOMAVIRUS

Type : Virus

Symptoms : Usually without symptoms. In other cases precancerous lesions that are often painless and/or irritated and itchy due to warts (known as condylomas)

Consequences : Varies depending on the strain (over a hundred), including genital warts, or pre-cancerous lesions that can develop into cancer (cervix, vulva, throat, etc.), anus, penis)

Screening : Medical examination for warts and smear test to detect the presence of HPV or precancerous lesions

Treatment : Removal of warts or precancerous lesions (ointment, nitrogen, etc.). liquid, acid, laser...)

Special feature : The virus is often eliminated naturally by the body within 1 to 3 years. Symptoms can appear months or even years after the onset of the disease.

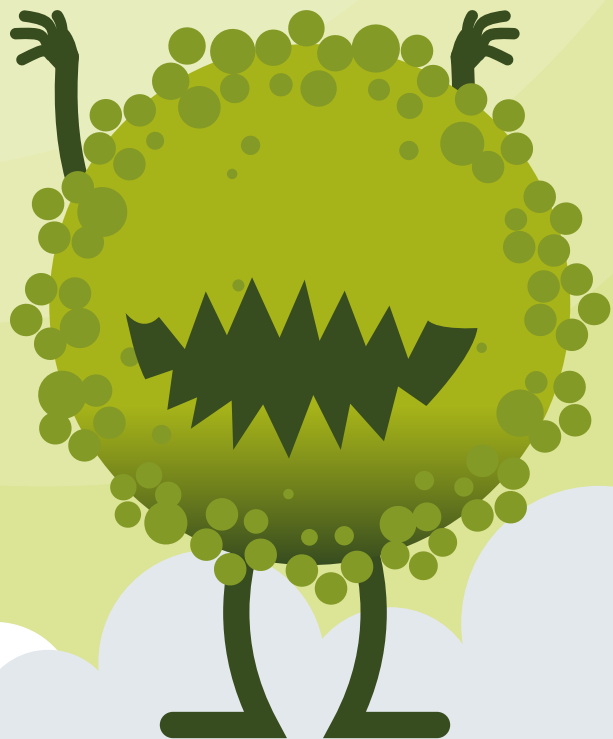
Protection : The vaccine is strongly recommended for everyone and is reimbursed until the age of 30 years inclusive. Condoms* and latex squares** reduce the risk of sexual intercourse. Of exposure to HPV but do not offer total protection as they do not cover the entire genital area.

Recommendation : It is advisable to have a cervical smear (reimbursed) every 3 years (from ages 25 to 29) and every 5 years (from ages 30 to 65), or in the event of lesions. If you regularly have anal sex, a regular examination by a proctologist may be recommended

More information at www.depistage.be

* See page 11
** Cf. glossary - see page 42

HERPES



Fact sheet: HERPES

Type : Virus

Symptoms : Lesions in «flare-ups». Very painful in the first infection

Consequences : More or less frequent and serious recurrences, impact on intimate and sexual life

Screening : Medical examination if symptoms are apparent and smear test

Treatment : An antiviral* treatment is available to reduce outbreaks

Particularity : Once infected, a person carries herpes for life. With a few rare exceptions, transmission only occurs during outbreaks

Protection : Condoms** and latex squares** reduce the risk of exposure but do not offer total protection. Avoid touching lesions/blemishes

Recommendation : In the event of herpes before or during pregnancy, it is advisable to consult a gynaecologist to avoid contaminating the baby during delivery

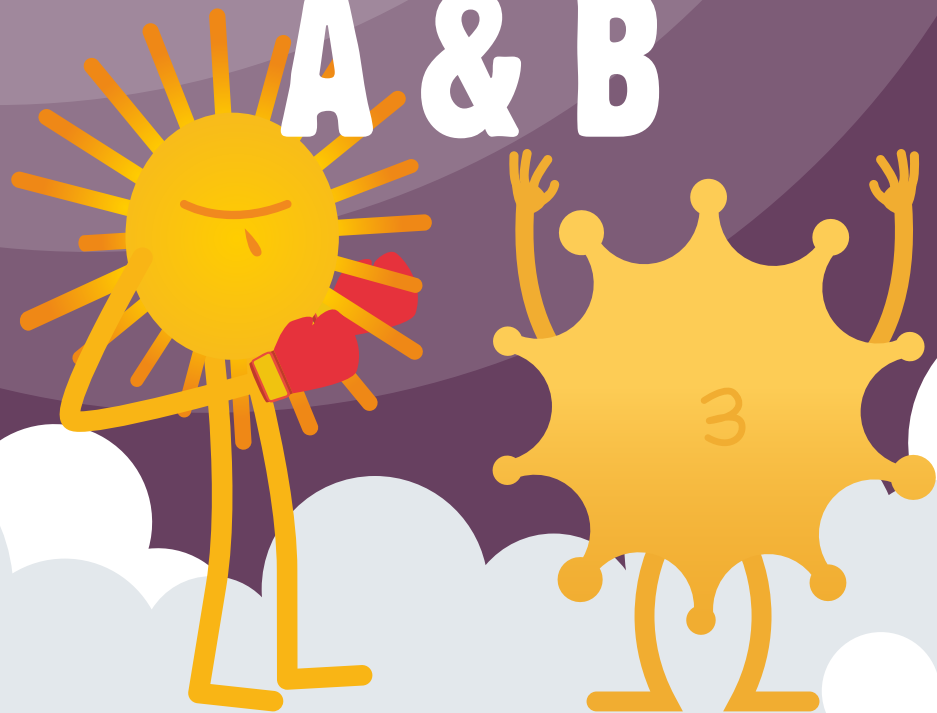
More information at www.depistage.be

* Cf. glossary - see page 42

** See page 11

HEPATITIS

A & B



Fact sheet: HEPATITIS A and B

Type : Virus

Symptoms : Symptoms are usually absent. In other cases, the acute phase may include fever, nausea, muscle or abdominal pain or jaundice. In the case of chronic hepatitis B, recurrent fatigue may also be observed

Consequences : In the majority of cases, there are no consequences because the hepatitis A or B virus eliminates itself (recovery).
In chronic forms of hepatitis B: liver disease, cirrhosis, cancer and death

Screening : Blood tests and TROD* tests

Treatment : Hepatitis A: the virus eliminates itself, and there are treatments to relieve the symptoms. Chronic hepatitis B: there is an oral treatment

Protection : There is a vaccine for hepatitis A and B. Hepatitis A: avoid contact between mouth and faeces (latex square** for anilingus). Hepatitis B :
external condom** or internal condom** and latex square**

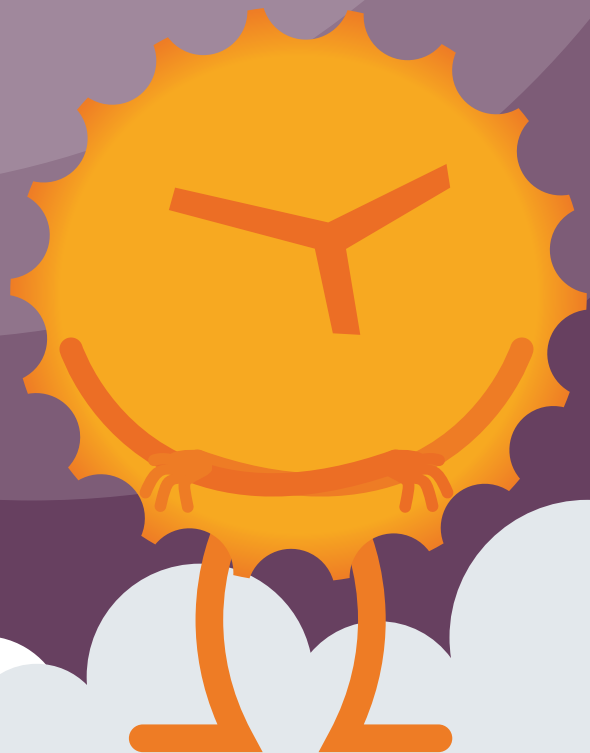
Recommendations : Hepatitis A is transmitted by contact between the mouth and faeces. Practising oral sex after anal intercourse can increase the risk of hepatitis A transmission.
Hepatitis B: use sterile, single-use equipment for tattoos, piercings, injections or sniffing. Do not share toiletries (toothbrushes, tweezers, razors, etc.).

More information at www.depistage.be

*Rapid diagnostic test - see page 12

** See page 11

HEPATITIS C



Fact sheet: HEPATITIS C

Type : Virus

Symptoms : Symptoms are usually absent. In other cases, the acute phase may include fever, nausea, muscle or abdominal pain or jaundice

Consequences : Spontaneous elimination in some cases, but in chronic forms of hepatitis C: liver disease, cirrhosis, cancer and death

Screening : Blood tests and TROD* tests

Treatment : Oral antivirals** for 2 to 3 months to eliminate the virus. They are available to all people with chronic hepatitis C

Protection : External*** or internal*** condom and latex square***, use of sterile single-use straws/syringes

Recommendations : Avoid contact between infected blood and your own blood (open wounds, injections). Tattoos and piercings should be done with sterilized, single-use equipment. Never share your injection or snorting equipment (don't use a note, for example) or your toiletries (razors and/or tweezers). Anal sex can be a risk for hepatitis C, as can fisting** or other practices involving the presence of blood.

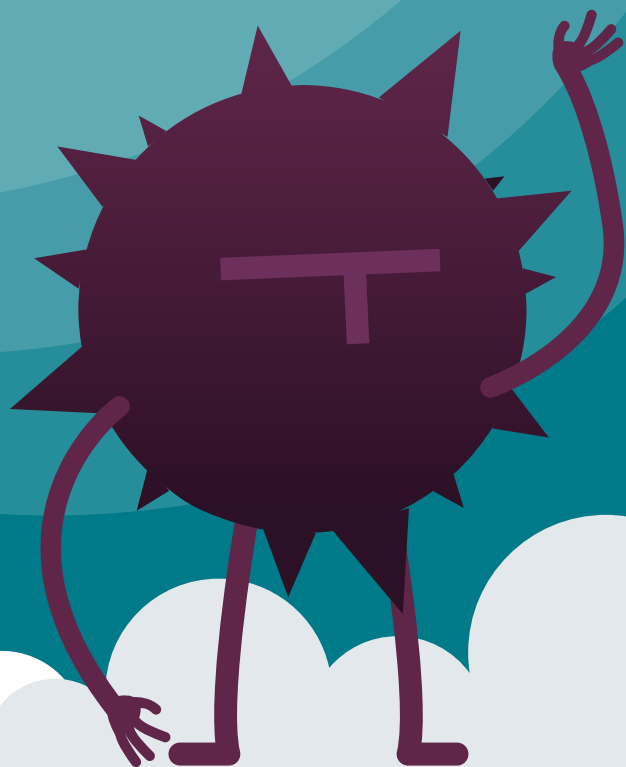
More information at www.depistage.be

* Rapid diagnostic test - see page 12

** Cf. glossary - see page 42

*** See page 11

HIV/AIDS



Fact sheet: HIV/AIDS

Type : Virus

Symptoms : Most often without symptoms. In other cases, skin rashes and/or flu-like symptoms (fever, fatigue, swollen glands, etc.) appear. They appear in the first few weeks after infection

Consequences (reduced when under treatment): Infections caused by reduced immunity, cardiovascular disease, cancer. Death in the absence of treatment

Screening : Blood sample and rapid test available (TROD* and self-test)

Treatment : Sous prescription, le traitement permet d'arrêter l'évolution du virus et de prévenir l'apparition de diverses infections mais pas de guérir définitivement

Particularity : When prescribed, treatment can halt the progress of the virus and prevent the onset of other infections, but cannot provide a definitive cure.
Special feature: An HIV-positive person who is taking treatment and has an undetectable viral load no longer transmits the virus through sexual contact**

Protection : External*** or internal*** condom . Avoid contact between contaminating fluids (blood, semen, pre-seminal fluid, vaginal secretions, breast milk) and an open wound or mucous membrane. Preventive treatment (PrEP**) and emergency treatment (TPE**) in the event of risk-taking

Recommendation : There is usually a long delay (up to several years) between the moment when a person is infected with HIV and the moment when they discover it through screening. So remember to get tested regularly, even if you have no symptoms

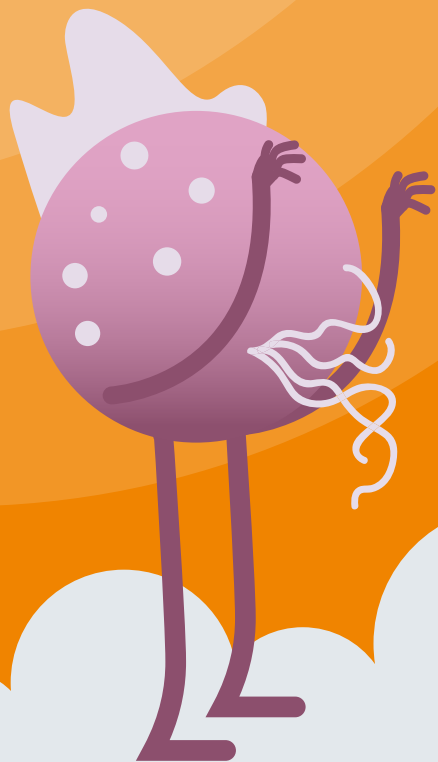
More information at www.depistage.be

* See page 12

** See page 13

*** See page 11

TRICHOMONAS



Fact sheet: TRICHOMONAS

Type : Parasite

Symptoms : Odorous and coloured vaginal discharge, itching, burning sensation when urinating. Frequent vaginal symptoms (80% of cases) but no penile symptoms in 90% of cases

Consequences : Premature births, greatly increased risk of catching other STI's

Screening : Vaginal or urethral smear, urine sample if symptoms are apparent

Treatment : Antibiotics

Protection : External* or internal* condom

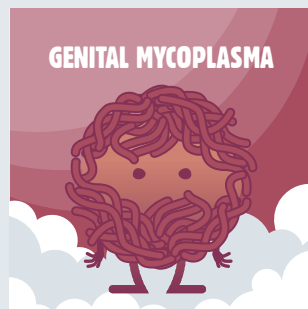
Recommendation : Screening is not systematic and is based on symptoms

More information at www.depistage.be

* See page 11

The «new kid on the block»

Genital mycoplasma is a less common STI in Belgium. Screening is only recommended if symptoms are present. A positive result for mycoplasma genitalium does not always mean that treatment is necessary.



STI or not?

Fungus also affects the genitals but is not usually sexually transmitted. Consult your doctor if you notice anything unusual.



Scabies and crabs

Scabies and crabs can also be transmitted by sexual contact. The consequences are not usually serious, but they can be very annoying.



More information at www.depistage.be

TO TALK ABOUT IT

- **O'YES**

02 303 82 14
hello@o-yes.be

- **EXÆQUO**

(Men who have sex with men)
02 736 28 61
info@exaequo.be

- **Plateforme Prévention Sida**

02 733 72 99
info@preventionsida.org

- **Genres Pluriels**

(Raising awareness and defending the rights of transgender and intersex people)
0487 63 23 43
contact@genrespluriels.be

- **Aide Info Sida**

(Telephone helpline from 6pm to 9pm)
0800 20 120
aide.info.sida@gmail.com

- **Centre S Liège**

04 287 67 00
info@centre-s.be

- **SIDA IST Charleroi Mons**

071 92 54 10
sidamons@skynet.be

- **Service de Santé Affective, Sexuelle et de Réduction des Risques (Namur)**

081 77 68 20

HOW TO GET TESTED

A **blood test** is **not enough** to detect all STI's. As you can see from the table below, **other tests** (smear test, clinical examination and urine sample) are needed to detect STI's such as chlamydia, gonorrhoea or HPV, which are among the most common infections among young people.

This table gives general information; in some cases, additional medical examinations may be necessary. If you don't want to use any means of protection in a relationship, **everyone should be tested for all STI's**.

If the tests are negative and you are in an exclusive relationship, you can stop using protection methods (condoms, etc.) !

N.B. : if necessary, choose a contraceptive method (www.moncontraceptif.be).

TYPES OF TEST BY STI

BLOOD SAMPLING		MEDICAL EXAMINATION		
BLOOD TEST	IMMEDIATE RESULT TEST	CLINICAL SIGNS	SAMPLING (SMEARS, ...)	URINE SAMPLE
HIV/AIDS	HIV/AIDS			
HEPATITIS A				
HEPATITIS B				
HEPATITIS C	HEPATITIS C			
SYPHILIS	SYPHILIS	SYPHILIS		
		HERPES		
		HUMAN PAPILLOMAVIRUS	HUMAN PAPILLOMAVIRUS	
		CHLAMYDIA	CHLAMYDIA	CHLAMYDIA
		GONORRHEA	GONORRHEA	GONORRHEA
		TRICHOMONAS	TRICHOMONAS	

*In Belgium, a cervical smear test is recommended and reimbursed every 3 years (from ages 25 to 29) and every 5 years (from ages 30 to 65).

In the event of clinical signs, the infection must still be confirmed by further examination.

WHERE TO GET TESTED ?

- In a **centre specialising** in HIV and STI's;
- At a **family planning centre**: find the centre that suits you at www.loveattitude.be ;
- In certain **specialist associations**
- **HIV self-tests** are also available from pharmacies

- With your **general practitioner** or **gynaecologist**, and depending on your practice or clinical signs: **urologist, ENT specialist, dermatologist, proctologist**, etc. ;
- LGBTQIA+* people and people living with HIV can visit the following websites :
 - www.trestresbonmedecin.be
(For MSM** and HIV-positive MSM)
 - www.gotogyneco.be
(For FSF***)
 - www.genrespluriels.be
(Trans and Inter Belgian Psycho-medico-social Network)

LGBTQI+*: Lesbian, Gay, Bi, Trans, Queer, Intersex and more
 MSM**: Men who have sex with men
 FSF***: Women who have sex with other women

FIND ALL
 THE CONTACT DETAILS
 AT WWW.DEPISTAGE.BE

Specialist HIV and STI centres : See timetable on each centre's website

- **LE CENTRE MIA**
 - Rue Haute, 290 (Building 900)
 - 1000 Bruxelles
 - ▲ 02 535 31 77
- ▲ **ERASME** - By appointment
 - ▲ Route de Lennik, 808
 - 1070 Anderlecht
 - 02 555 74 84 (option 2)
 - prevention@erasme.ulb.ac.be
- **CLINIKES ST LUC** - By appointment
 - ▲ Avenue Hippocrate, 10
 - ▲ 1200 Woluwe-Saint-Lambert
 - 02 764 21 56
- **S KLINIEK UZ BRUSSEL** - By appointment
 - ▲ Avenue du Laerbeek, 101
 - 1090 Jette
 - 02 477 60 01
 - rendezvous_infectiologie@uzbrussel.be
- **CENTRE RÉFÉRENCE VIH LIÈGE** - By appointment
 - ▲ Quai Godefroid Kurth, 45
 - 4020 Liège
 - 04 287 67 00
 - centre-s.be/rendezvous/
- **CHU CHARLEROI** - By appointment
 - Chaussée de Bruxelles, 140 - 6042 Lodelinsart
 - 6000 Charleroi
 - ▲ 071 92 23 07
- **CHU MONT GODINNE** - By appointment
 - ▲ Avenue Gaston Thérassé, 1
 - 5530 Yvoir
 - 081 42 38 22 24
- **HÔPITAL D'ARLON** - By appointment
 - ▲ Rue des Déportés, 137
 - 6700 Arlon
 - 063 55 15 28
- **CHU HELORA** - By appointment
 - ▲ Bv. Kennedy, 2
 - 7000 Mons
 - 065 41 41 41

Anonymous and free HIV test ■
 Complete STI test ■
 HIV rapid test ■
 Rapid syphilis test ■
 PrEP ▲
 VSES ▲

■ Hepatitis C rapid test
 ● Specific to men who have sex with men
 ● Specific to sex workers
 ● Special welcome for migrants
 ● Specific services for trans* and inter* people
 ● Specific services for lesbiennes, bi's, ... people

Brussels and Wallonia :

■ PROJET BETESTED

■ Partner family planning centres
www.betested.be

■ EXAEQUO - By appointment

■ Rue des Grands Carmes, 20
 ■ 1000 Bruxelles
 ■ 02 736 28 61
www.exaequo.be

■ MAISON ARC EN CIEL DE LA SANTÉ –

■ **GRANDS CARMES** - No appointment necessary
 ■ Medical centre for LGBTQIA+ people
 ■ Rue des Grands Carmes, 20
 ■ 1000 Bruxelles
 ■ www.macs.brussels

Brussels-Capital :

■ EPICENTRE - By appointment

■ Rue du Fort, 85B
 ■ 1060 Saint Gilles
www.epicentre.brussels

■ AIDE INFO SIDA - No appointment necessary

■ Rue Duquesnoy, 45
 ■ 1000 Bruxelles
 ■ 02 514 29 65
www.aideinfosida.be

■ PLATEFORME PRÉVENTION SIDA - By appointment

■ For Afro-Latino-Caribbean communities only.
 ■ Place de la Vieille Halle aux Blés 29,
 ■ 1000 Bruxelles
 ■ 02 733 72 99
 ■ 0467 807 879
www.preventionsida.org

■ ALIAS - No appointment necessary

■ (Exclusively MSM and trans* sex workers)
 ■ Rue marché au charbon, 33
 ■ 1000 Bruxelles
www.alias.brussels/contacts

■ RÉSEAU HÉPATITE C - By appointment

■ Rue Haute, 322
 ■ 1000 Bruxelles
 ■ 02 506 70 92
sampas@stpierre-bru.be
www.reseauhepatitec.be

Hainaut :

■ SIDA IST CHARLEROI MONS - By appointment

■ Bv Zoé Drion, 1
 ■ 6000 Charleroi
 ■ 071 92 54 10
www.sida-charleroimons.be

■ CHU TIVOLI - By appointment

▲ Avenue Max Buset 34,
 7100 La Louvière
 064 27 62 81
www.chu-tivoli.be/consultations/infectiologie/

■ FOR RESIDENTS OF MOUSCRON

■ AND COURTRAI ONLY :

▲ CH DRON - No appointment necessary
 Rue du Président Coty, 155
 59208 Tourcoing
 France
 + 33 3 20 69 46 04

Liège :

■ CENTRE S LIÈGE - By appointment

■ Rue des Fontaines-Roland, 29
 ■ 4000 Liège
 ▲ 04 287 67 00
centre-s.be/rendezvous/

■ TEST&VOUS - By appointment

■ Rue Xhavée, 21
 ■ 4800 Verviers
 (Entrance via the communal swimming pool car park)
 087 39 89 41

■ CHR VERVIERS - No appointment necessary

■ Rue du Parc, 29
 4800 Verviers
 Consultations : 087 21 26 54
www.chrverviers.be

Anonymous and free HIV test ■

Complete STI test ■

HIV rapid test ■

Rapid syphilis test ■

PrEP ▲

VSES ▲

■ Hepatitis C rapid test

● Specific to men who have sex with men

● Specific to sex workers

● Special welcome for migrants

● Specific services for trans* and inter* people

● Specific services for lesbiennes, bi's, ... people

Namur :

- **SASER** - By appointment
 ■ Rue Docteur Haibe, 4
 5002 Saint-Servais
 081 77 68 20
saserprovince.namur.be
www.lesaserjimdo.com
- **CHR de Namur** - By appointment
 ▲ Avenue Albert I^{er}, 185
 5000 Namur
 081 72 69 05

Brabant Wallon :

- **Passerelle Santé** - By appointment
 Rue du Val Saint-Lambert, 10
 1348 Louvain-la-Neuve
 010 68 89 80
- **Polyclinique de LLN** - By appointment
 ▲ Rue du traité de Rome, 5
 1348 Louvain-la-Neuve
 010 23 25 70
- **Clinique Saint Pierre** - By appointment
 ▲ Avenue Reine Fabiola, 9
 ▲ 1340 Ottignies
 010 437 370
www.cspo.be/rendez-vous
- **Maison Médicale de Limal** - By appointment
 Rue Joséphine Rauscent, 16
 1300 Limal (Wavre)
 010 56 04 60

Luxembourg :

- **MAC de la province de Luxembourg**
 ● - By appointment
 ● Avenue Bouvier, 87
 ● 6760 Virton
 063 22 35 55
 0471 49 80 53
- **Drugs'care Infos-Services** - By appointment
 ■ Rue Joseph Netzer, 37
 ● 6700 Arlon
 ● 063 23 05 00
 ● 0496 18 92 64

And in Flanders ?

- **Helpcenter Institute of Tropical Medicine**
 ● - By appointment
 ● ▲ Kronenburgstraat, 43
 2000 Antwerpen
 03 247 66 66
www.itg.be/E/helpcenter

For other centres in Flanders :
www.allesoverseks.be

Anonymous and free HIV test ■

Complete STI test ■

HIV rapid test ■

Rapid syphilis test ■

PrEP ▲

VSES ▲

■ Hepatitis C rapid test

● Specific to men who have sex with men

● Specific to sex workers

● Special welcome for migrants

● Specific services for trans* and inter* people

● Specific services for lesbiennes, bi's, ... people

Lexicon

ANTIVIRALS

Antivirals are molecules designed to act against a virus. They are therefore used in cases of viral infection.

ANULINGUS

Sexual practice of stimulating the anus with the mouth.

BACTERIA

A microscopic living organism that can cause disease if not treated with antibiotics.

LATEX SQUARE

Latex or polyurethane square, soft and sometimes scented, to be placed between the mouth and the vulva/anus to prevent infection with certain STIs.

CHANCRE

Ulcer or round, painless lesion on the skin or mucous membranes.

CIRRHOSIS

Liver disease characterised by a change in the liver cells and their malfunction.

CONDYLOMAS

Warts on the genitals, symptoms of HPV infection.

CUNNILINGUS

Sexual practice of stimulating the vulva with the mouth.

FELLATIO

Sexual practice of stimulating the penis with the mouth.

FISTING

Fist-fucking is the sexual practice of penetrating the vagina or rectum with the fist/hand.

SWAB

Screening by taking a sample of cells from the throat, urethra, anus, vagina or cervix.

LESION

Damage to a cell, tissue or organ (wound, injury, etc.).

LGV

LymphoGranulomatosis Venereum, also known as Nicolas-Favre disease. Malignant form of a highly virulent chlamydia.

SEMINAL FLUID

Pre-ejaculatory fluid, the natural lubricant of the penis, which may contain spermatozoa or bacteria/viruses. It is present from the moment of erection and is considered to be a contaminating fluid for STIs.

MUCOUS MEMBRANES

Membranes lining certain body cavities (eye, mouth, nose, anus, inside of vulva, vagina, glans). Thinner, more fragile and permeable than the skin, constantly warm and moist. They are a gateway for STIs.

Risk-taking

Taking a risk includes having unprotected sexual intercourse (with or without penetration), sharing a used syringe or snorting equipment, coming into contact with a lesion, and so on.

PrEP

Pre-exposure prophylaxis, HIV prevention strategy. Preventive medication for HIV, offered to people who engage in practices that put them at risk of contracting the virus. Requires medical supervision.

SYMPTOMS

Manifestations, signs of a disease.

TROD

Rapid Diagnostic Test.
In the case of HIV, a drop of blood is taken from the finger and brought into contact with reactive products. This test can be carried out 3 months after any risk-taking; if the result is reactive, it must be confirmed with a blood sample.

PEP

Post-exposure treatment. It is an emergency treatment designed to prevent HIV infection following risky behaviour.

VESICLE

In the case of genital herpes: small pimples filled with highly contagious fluid.

VIRUS

A microscopic organism smaller than a bacterium, which infects the cells of the human body and can cause disease.

VULVA

Female external genitalia (clitoris glans, inner and outer labia, urinary and vaginal orifices).

THE ASSOCIATIONS BEHIND THE PROJECT



O'YES is a non-profit organization set up by young people for young people in 2009 and recognised as a youth organization (YO) in 2013.

It is active in the field of health education and promotion. Its mission is to raise young people's awareness of sexual health through peer education in order to change attitudes and improve behaviour over the long term.



Exæquo is the health association for all men who have sex with men.

Here, you can talk freely about your practices, screening, HIV status, PrEP, chemsex and drug use, without fear of being judged and in complete confidentiality.

We're here to help you !

WWW.DEPISTAGE.BE :

depistage.be is the first French-speaking inter-association and inter-hospital website to bring together all the latest information on screening.

To guarantee the quality of the information in the brochure and on the website, we have brought together professionals from the sector in a steering committee. We'd like to thank them warmly for this collaborative effort !

MEMBERS OF THE STEERING COMMITTEE :

Many associations :

Centre S, Aide Info Sida, IST Charleroi-Mons, l'Observatoire du Sida et des Sexualités, la Société Scientifique de Médecine Générale (SSMG), la Fédération Laïque des Centres de Planning Familial, Alias, l'Association des unions des pharmaciens (AUP), Réseaux Hépatite C.

And hospitals :

Erasmus, CHU St Pierre, Cliniques Universitaires St Luc, CHU Ambroise Paré, CHU Liège, CHU Charleroi, CHU UCL Namur, Vivalia.



IN BRIEF...

It is important to remember that :

- Anyone can contract an STI in their lifetime, regardless of their sexual orientation and practices.
- Sexual touching, cunnilingus, anilingus, fellatio, vaginal and anal penetration are all high-risk practices.
- Most STI's have no symptoms.
- Sharing a syringe or straw can transmit STI's.

For a fulfilling sex life, remember to :

- Be clear about consent.
- Get vaccinated against HPV and hepatitis A & B.
- Protect yourself (condoms, screening, treatment).
- Get tested every time you change partners and after taking risks.
- Communicate with your partner(s) about any risks you may have taken, the results of your last screening, etc.
- Enjoy giving and receiving pleasure !





Do you have an STI ?
Tell your partners.
If you have trouble telling them,
use **Depistage.be/sms**
It's anonymous and free!



DEP  STAGE.BE