Diagnosed with an STI?
What’s next? Contact tracing step-by-step

Step 1. Take your treatment
- Current and past sexual partners need to be treated with medication at this time to avoid reinfection.
- If you have any problems with your treatment, please let your health professional know.
- Treatment for sexually transmissable infections is available from your doctor or at your nearest sexual health clinic.
- Remember infections don’t always have symptoms.

Step 2. Inform your partners
- You can do this yourself or a health professional can assist.
- Tell your partners as soon as possible so they can get tested and treated.
- This is a confidential process. Consider telling your partners in the way you’d like to be told.
- Let your partners know which infection you have been treated for and encourage them to have a check-up.
- Your partner can go to their doctor or sexual health clinic. There may be a cost involved in seeing a doctor.
- If you have any difficulties in contacting sexual partners, contact a sexual health clinic as they can assist.

How far back to contact trace?
- Chlamydia - up to six months
- Gonorrhoea - up to two months
- Syphilis - up to 12 months

Your health professional will advise if longer timeframes are required.
Step 3.

How to tell partners

- in person
- phone, SMS, email
- contact tracing websites

Check out these websites to see how you can send a personal or anonymous SMS to a current or previous sexual partner.

www.letthemknow.org.au
www.thedramadownunder.info
for men who have sex with men

What to say

For help on what to say, visit health.qld.gov.au/sexhealth/adults/ctracing.asp

Suggested phrases

“Is it convenient to talk.”

“This is embarrassing, but there’s something we need to talk about.”

“We have a bit of a problem, I had some tests last week.”

“Hi, we met at a party last week, there’s something I need to tell you. Have I called at a good time?”

“Since I saw you last week, I have received some news.”

Step 4.

Tips

- Do it straight away. If you put it off, you may never tell them.
- Plan what you’re going to say.
- Don’t feel like you need to provide a lot of information. Take along a brochure or provide your partner with a website or phone number to contact.
- If you’re calling them, ask them if you’ve called at an appropriate time before giving them the news.
- Avoid phrases like ‘you’ve given me chlamydia’, as it may make them angry or defensive. Remember to keep yourself safe.
- If in doubt, contact your nearest sexual health clinic for assistance.

Step 5.

Prevent reinfection

- practice safe sex
- use condoms and lubricants
- all partners past and present need to be tested and treated
- have a check-up with a doctor or sexual health clinic in three months.