

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 transmissible 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.



Partnering with Consumers - Standard 2

Consumers and/or carers provided feedback on this patient information.



Service Delivery - Standard 11

Patients and the community have access to safe, high quality healthcare services that are appropriate, effective and meet their needs.



Provision of Care - Standard 12

The intention of this standard is to ensure high quality care is delivered to consumers / patients throughout the care continuum.



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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.

Information and assistance

How to access services

Phone your doctor or nearest sexual health clinic. Be aware there may be costs involved in visiting a doctor.

Comprehensive information on STI’s blood-borne viruses, prevention and treatment can be found at www.qld.gov.au/health/staying-healthy/sexual-health

Animated movies on STI’s and blood-borne viruses can be found at: health.qld.gov.au/sexhealth

13HEALTH (13 43 25 84) is a confidential service providing information and advice 24 hours, seven days a week for the cost of a local call. 13HEALTH is not a diagnostic service and should not replace a medical consultation.

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For locations visit: health.qld.gov.au/clinical-practice/guidelines-procedures/sex-health/default.asp

or phone 13HEALTH (13 43 25 84)

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To download a copy of this brochure, visit:

health.qld.gov.au/sunshinecoast/html/services/sexualhealth-home.asp