



1800 696 784

For information about contraception,
pregnancy options and sexual health.

GET TESTED

**Most people don't know when's the right time for a sexual health check up.
Basically, any time is the right time!**

When should you get tested?

If you're sexually active, try to go to a clinic **at least once every 12 months** - or more, depending on who you're having sex with and how often.

You might also want to head in if:

- You think **you might have an STI** (sexually transmissible infection), or someone you've had sex with has an STI
- You've had **unprotected sex** (sex without a condom or a dental dam)
- You have a **new partner**, or multiple/casual sexual partners
- You're experiencing any **symptoms** (such as pain, lumps, discharge or bleeding.)

Remember, not all people will experience STI symptoms - so **always get tested to be sure!**

Getting tested

It's easy to get a sexual health check. You can even **bring a friend** along for support!

Depending on the clinic, you can also ask about **telehealth services** if you'd prefer to chat to a doctor or nurse **over the phone**.

There are also some **self-test options** available in Victoria, depending on your situation.

**Remember, it's your health and your choice.
Be proud of your choices!**

Useful links:

TESTme is a free service of Melbourne Sexual Health Centre (MSHC) for rural Victorians aged 25 years and younger, rural Victorian men who have sex with men and Aboriginal and Torres Strait Islander people. A **self-testing kit** will be posted to you with clear instructions, swabs and containers—to test for chlamydia and gonorrhoea.

www.testme.org.au

Check Your Risk works by asking a few simple questions about your sexual activity over the previous 12 months. They will **let you know any STI tests you should have done**. You can print this recommendation to show your doctor.

www.checkyourrisk.org.au

1800 My Options – 1800 696 784 (weekdays, 10am–4pm)
For information and help finding sexual health services near you

www.1800myoptions.org.au

NURSE-ON-CALL—1300 60 60 24 (24/7)

For immediate expert health advice from a registered nurse, or information about health services in your area.

Better Health Channel

www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/sexually-transmissible-infections-stis