

# HEALTH INFORMATION FOR GYPSY AND TRAVELLER MEN



## HELP AND SUPPORT FOR YOUR **SEXUAL** HEALTH

KNOW THE **SIGNS**, KNOW YOUR **TREATMENT**



FRIENDS,  
FAMILIES &  
TRAVELLERS

# WHY SEXUAL HEALTH MATTERS

**DID YOU KNOW: 50% OF MEN WITH CHLAMYDIA HAVE NO SYMPTOMS?**

## WHAT IS AN STI?

A sexually transmitted infection (STI) can be passed from one person to another through sexual contact.

## WHY SHOULD I TEST?

Sometimes there are no signs at all - it is important to get tested, even if you feel fine.

## HOW OFTEN SHOULD I TEST?

- **MEN WHO SLEEP WITH WOMEN:** test at least once a year and when starting with a new partner.
- **MEN WHO SLEEP WITH MEN:** test every 3 months if you have more than one partner.

## POSSIBLE SIGNS

- Changes in fluids
- Different smell or colour
- Pain down there



## WHY IT MATTERS?

If you don't treat an STI, it can cause problems later like pain, infections, or trouble having children.



# SUPPORT AND PROTECTION

**YOUR HEALTH IS PRIVATE AND SAFE.** Testing is **FREE** and can be done under another name if you want.

## WHERE TO TEST

**CLINICS:** Go here to find clinics in West Sussex:

[www.sexualhealthwestsussex.nhs.uk/clinics](http://www.sexualhealthwestsussex.nhs.uk/clinics)

## AT HOME:

- **Free** test kits for anyone 16+
- Order online, or over the phone.

**GP:** Some GPs offer STI tests. If they tell you to go to a clinic, but you don't want to, you can contact FFT.

## WHAT IS PREP?

- PrEP (pre-exposure prophylaxis) is a daily tablet to **prevent HIV**, free for everyone.
- You'll still need to use condoms to protect against other STI's.



## NEED HELP?

Contact Sexual Health West Sussex at:

[www.sexualhealthwestsussex.nhs.uk/contact-us](http://www.sexualhealthwestsussex.nhs.uk/contact-us)



## FIND A CLINIC NEAR YOU:

[www.sexualhealthwestsussex.nhs.uk/clinics](http://www.sexualhealthwestsussex.nhs.uk/clinics)

## CONTACT SHWS HERE AT:

[www.sexualhealthwestsussex.nhs.uk/contact-us](http://www.sexualhealthwestsussex.nhs.uk/contact-us)





# FRIENDS, FAMILIES & TRAVELLERS

## Contact Details:

### Address

Friends, Families and Travellers  
Community Base  
113 Queens Road  
Brighton  
BN1 3XG

**Telephone** 01273 234 777

**Email** [fft@gypsy-traveller.org](mailto:fft@gypsy-traveller.org)

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