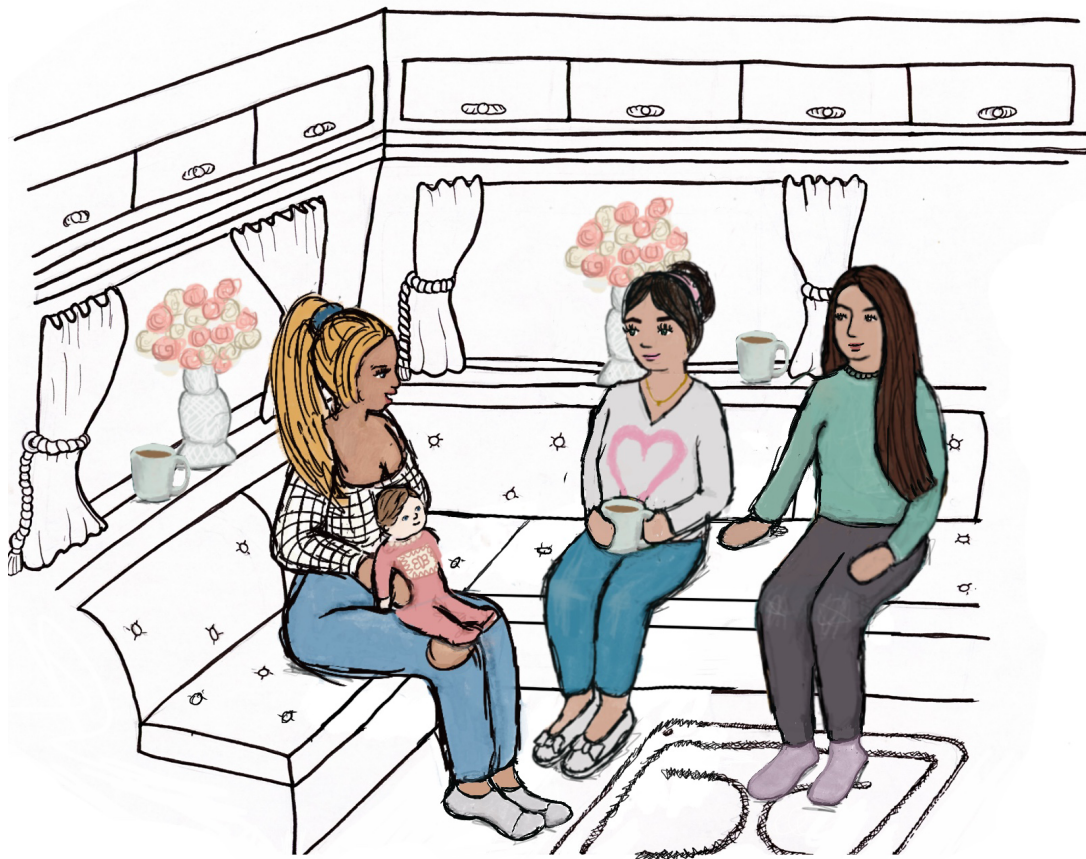


# HEALTH INFORMATION FOR GYPSY AND TRAVELLER WOMEN



**KEEP HEALTHY AND WELL  
FOR YOU AND YOUR FAMILY.**

**KNOW THE SIGNS, KNOW YOUR TREATMENT**



**FRIENDS,  
FAMILIES &  
TRAVELLERS**

# WHY SEXUAL HEALTH MATTERS

**DID YOU KNOW: 75% OF WOMEN 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?

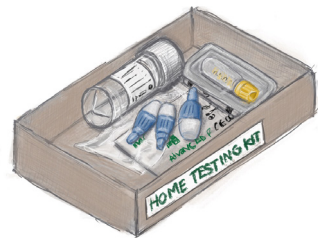
Sometimes there are no signs at all - it is important to get tested, even if you feel fine.

## HOW OFTEN SHOULD I TEST?

- **AT LEAST ONCE A YEAR.**
- **WHEN YOU START WITH A NEW PARTNER.**

## POSSIBLE SIGNS

- Changes in fluids
- Different smell or colour
- Pain in lower belly
- Unusual bleeding



## 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.



## CONTRACEPTION

- There are lots of ways to protect yourself and others.
- Using condoms helps protect against STI's.

## EMERGENCY CONTRACEPTION

- The morning after pill is available for free (up to 5 days) from many pharmacies, GPs and sexual health clinics.

## NEED HELP?

Contact Sexual Health West Sussex at:

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



**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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