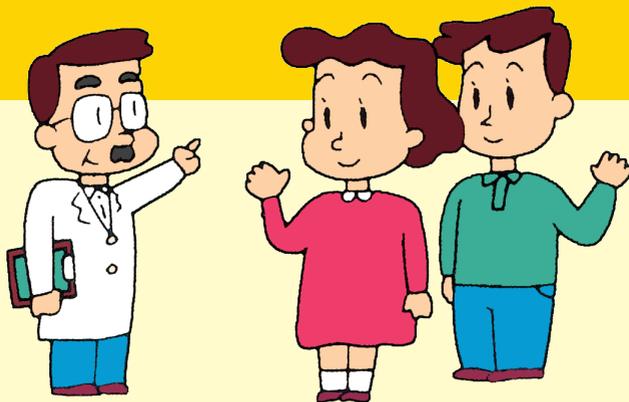
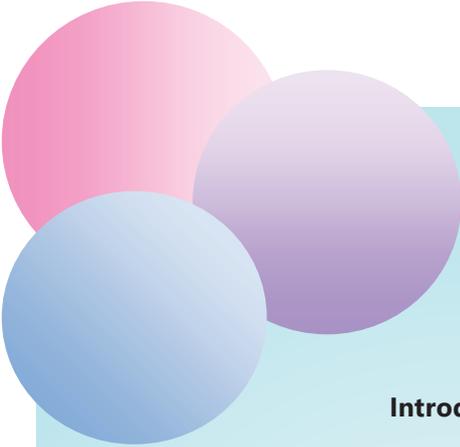


# Let's Get to Know More About Sexually Transmitted Infections





## **Introduction**

Do you think that sexually transmitted diseases are rare?

Anyone who is sexually active has the potential to get a sexually transmitted infection (STI).

If you are overconfident and think that you will be fine, you may unknowingly spread STIs, and your symptoms may worsen.

Equip yourself with the correct knowledge to protect yourself, and to receive proper treatment if you get infected.

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- P2 What Should You Do If You Catch an STI?
- P2 Mother-To-Child Infection

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- P5 For Safer Sex

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# What are Sexually Transmitted Infections (STIs)?

## The Current State of STIs

Sexually Transmitted Infections (STIs) is a generic term for infections transmitted through having sex.

STIs include infections such as HIV, syphilis, chlamydia, genital herpes, genital warts, and gonorrhea.

By disease, chlamydia is the most common infection, accounting for over half of all STIs.

By age, 80% of STIs are transmitted by people in their late teens to their thirties.

The symptoms of STIs are sometimes mild and difficult to notice.

Therefore, by continuing to have sex without noticing an infection, the infection may spread.

Also, oral or anal sex can cause symptoms to occur in areas other than the genitals, such as on the skin, anus, lips, or throat.

Any STI can progress if left untreated, and some can cause infertility.

## What Should You Do If You Catch an STI?

If you have signs of symptoms, don't suffer alone. Seek medical attention. STIs are transmitted to or from a partner through sex, so always seek treatment with your partner. Self-diagnosis is very dangerous. Treatment is most effective when applied early, and there are few long-term effects. Also, if your symptoms disappear and you decide to stop treatment, this may cause the infection to become chronic. You need to persevere and continue your treatment until the infection is fully cured.

## Mother-To-Child Infection

If a woman gets pregnant or gives birth while infected with an STI, it can cause a miscarriage or stillbirth.

There is also an increased risk of mother-to-child infection, where the child is infected with the same disease as the mother.

Babies are often affected by mother-to-child transmission of STIs such as chlamydia, gonorrhea, HIV, syphilis, and hepatitis B. However, these effects are preventable and can be treated, so it is important to consult thoroughly with a doctor.

## It's not possible to prevent STIs just because you are in love, or you and your partner are lovers.

Even if you have sex with a partner you are deeply in love with, having sex even once carries the risk of pregnancy or catching AIDS or other STIs. When you don't want to have sex, you need to have the courage to say "No."

Also, it is vital to use adequate protection when you do have sex.

## Well-known STIs

### HIV Infection and AIDS

AIDS is a disease where symptoms appear after a long incubation period. It is possible to infect other people even during the period when symptoms do not appear.

Due to advances in treatment, it is possible to prevent the onset of AIDS if appropriate treatment is initiated and continued during the asymptomatic period.

That is why it is vital to detect HIV early by getting tested.

People infected with other STIs are several times more likely to be infected with HIV (the virus that causes AIDS) than healthy people.

### Syphilis

Syphilis is common among women in their twenties.

Syphilis often does not exhibit telltale symptoms, and infected people are usually asymptomatic.

Therefore, it is vital to get a blood test at the right time if there is a chance that you are infected.

### Chlamydia

Chlamydia is particularly common among young people.

It is characterized by having no symptoms or mild symptoms, and people often do not notice that they are infected. Therefore, there is a risk of transmitting chlamydia to others without knowing it.

### Hepatitis B

Hepatitis B is transmitted through small cuts in the skin or mucous membranes, so it can be transmitted through sex.

Therefore, the risk of infection increases with anal sex, where it is easier to damage the mucous membranes, or period sex.



## Prevent STIs with Correct Understanding!

Other than for hepatitis A, hepatitis B, and genital warts, there are not yet any preventive vaccines.

It is vital to carry out STI prevention with a correct understanding of the causes and routes of infections. Although condoms effectively prevent STIs, caution is necessary, because STIs can be transmitted through the mouth

during oral sex and not just the genitals. Contraceptive pills are an effective form of contraception, but they do not prevent STIs.

If you are going to have sex, aim to have safer sex.

STIs are preventable illnesses.

Protect your family and partner from STIs.

### Can you or your partner honestly say that you are not infected?

There is the chance that a pathogen from someone you don't know directly has spread to the person you are having sex with.

## Use condoms properly for safer sex

You can significantly reduce the risk of infection by making sure that semen, vaginal secretions, or blood do not come into direct contact with the mucous membranes of your genitals or other organs.

**It is important to use condoms properly from the start to the end of sex (including anal and oral sex).**

- Cut your nails, as they can easily damage a condom
- Use water-based lubricants (Do not use butter or oil-based lubricants as they lower the quality of a condom.)
- If air enters the tip of a condom this can cause it to break easily, so pinch the semen receptacle tip of the condom to remove any air before putting it on.
- If you have phimosis, the condom will stay on properly if you move the skin at the base of your penis towards the head of your penis after putting on a condom and securely roll the condom to the base of your penis.
- Do not wear two condoms, as this makes them more likely to break.
- After sex, take off the condom right away to avoid spilling any semen.

### How to use a condom properly

1.



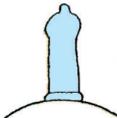
Push the condom to one side of the package, tear off the other side completely, and remove the condom without damaging it

4.



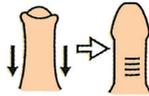
Pinch the tip and release any air (forgetting this may cause the condom to tear)

7.



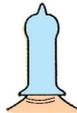
Where the skin (foreskin) has stretched, pull the condom down to the base of the penis

2.



Once the penis is erect, pull back the foreskin until the entire head of the penis is showing

5.



Roll down the condom while pinching the tip

8.



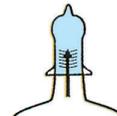
Take off the condom immediately after ejaculation

3.



Don't mistake the front and back of the condom

6.



Once you have rolled down the condom, pull it up with the skin (foreskin)

9.



Tie the opening of the condom after use  
Do not reuse condoms

# The Most Common Sexually Transmitted Infections

## Syphilis

● **Cause:**

**Treponema pallidum**

● **Incubation period:**

**Around three weeks**

● **Symptoms:**

Lumps and ulcers in infected areas, such as the mouth and genitals. Also, various symptoms appear throughout the body, such as swelling of the lymph nodes and red rashes on the palms of the hands and soles of the feet. Cases are sometimes asymptomatic, and sometimes people do not notice they have been infected for many years. Syphilis can be cured if treated early. However, if someone does not realize they have been infected and no action is taken, significant damage can be caused to the cerebral nerves and internal organs. Re-infection may occur even after a full recovery.

● **Treatment:**

Antibiotics are effective.

Long-term treatment is necessary if a long time has passed since infection. If you notice you have caught syphilis, it is important for you and your partner to get tested and receive the necessary treatment.

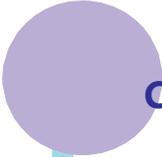
● **Prevention:**

Condoms can effectively prevent syphilis. However, if there are syphilis symptoms on areas such as the skin and mucous membranes not covered by a condom, there is a possibility of infection despite using a condom. If you have symptoms such as lumps or sores on your skin or mucous membranes, then you should refrain from sexual contact and seek treatment at a medical institution as soon as possible.

● **Cautions:**

Particular care is required for pregnant women, because if they become infected, they can pass the infection on to the fetus through the placenta, which can cause various symptoms and complications (known as congenital syphilis), including stillbirth, premature birth, and neonatal death.

Also, infection with syphilis can increase susceptibility to infection with other STIs such as HIV.



# Chlamydia

● **Cause:**

**Chlamydia trachomatis**

● **Incubation period:**

**Around one to three weeks**

● **Symptoms:**

There are few distinctive symptoms, and people often do not notice they are infected.

There has been an increase in oral transmission resulting from oral sex.

**Men:** Symptoms are often mild, such as pain and itchiness when urinating and feelings of discomfort caused by puss and other excretions from the urethral opening.

If epididymitis (inflammation of the epididymis) occurs, this can cause infertility.

**Women:** Often unnoticed as symptoms are limited to dull pain in the lower abdomen and increased discharge. Many women first become aware they are infected after receiving treatment at a medical institution.

If left untreated, it can cause endocervicitis, salpingitis, infertility, and chronic tonsillitis.

● **Treatment:**

Antibiotics

● **Cautions:**

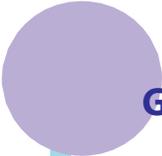
It is essential to follow the doctor' s instructions and patiently continue with treatment, because if treatment is interrupted, chlamydia often reappears and becomes chronic.

## Gonorrhea

- **Cause:** **Neisseria gonorrhoeae**
- **Incubation period:** **Around two to ten days**
- **Symptoms:** Recently, milder forms of gonorrhea are also spreading.  
**Men:** If urethritis develops, this can cause pain when urinating and puss discharge from the urethral opening.  
**Women:** It is difficult to notice being infected as there are often no symptoms.  
Mild symptoms include increased discharge or an itchy vulva. If the infection spreads to the urinary tract, this causes pain when urinating and cystitis. If gonorrhea enters the vagina or uterus, this will cause cervical inflammation and increased discharge.
- **Treatment:** **IV, injection, or orally administered antibiotics. Oral administration sometimes has limited effectiveness.**
- **Cautions:** Can cause infertility in both men and women if not treated.

## Genital Herpes

- **Cause:** **Herpes simplex virus**
- **Incubation period:** **Around two to ten days**
- **Symptoms:** Both men and women develop blisters and ulcers around 1 to 3 mm in size on their genitals.  
If the blisters or ulcers break, it causes severe pain lasting around two weeks.  
Symptoms also include pain when urinating.  
In women, severe pain in the vulva may make walking or urination difficult.
- **Treatment:** **Administration of anti-viral medicine**  
**In severe cases, treatment is administered by injection**



## Genital Warts

- **Cause:** **Human papillomavirus**
- **Incubation period:** **Around three months**
- **Symptoms:** Both men and women develop wart-like rashes around the genitals and anus.  
They may increase in size and number.
- **Treatment:** **Medication through the application of ointment or surgical treatment (removal by freezing, lasers, or electrocautery).**
- **Prevention:** There is a human papillomavirus quadrivalent vaccine that is expected to have preventative effects.



## Amoebic Dysentery

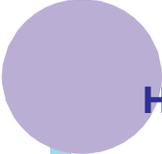
- **Cause:** **Entamoeba histolytica**
- **Incubation period:** **Around several months to several years**
- **Symptoms:** **Diarrhea, and blood and mucus in stool.**  
**Pathogens are excreted in feces, and infection is passed on from the mouth to the digestive tract to the liver, where this can cause liver abscesses resulting in fever.**
- **Treatment:** **Antifungal medication**  
**In severe cases, treatment is administered by injection**

## Trichomoniasis

- **Cause:** **Trichomonas vaginalis**
- **Incubation period:** **Around seven to fourteen days**
- **Symptoms:** **Men** are often asymptomatic, but may sometimes experience sensations of a foreign object in the urethral tract.  
**Women** sometimes do not notice they are infected as symptoms are mild. Symptoms may include an itchy sensation or inflammation of the vulva, a burning sensation in the vagina, and increased vaginal discharge.
- **Treatment:** Both men and women are typically treated with the application of antifungal medication. Vaginal tablets are only given to women in the early stages of pregnancy. If your partner has trichomoniasis, make sure that you both receive treatment together.
- **Cautions:** Women may catch trichomoniasis through transmission pathways other than sex, such as towels and underwear.

## Hepatitis A

- **Cause:** **Hepatitis A virus**
- **Incubation period:** **Around one month**
- **Symptoms:** Pathogens are excreted in feces, and infection is passed on from the mouth to the digestive tract to the liver, leading to the onset of symptoms. Symptoms including fever, whole-body fatigue, loss of appetite, and jaundice may occur due to liver abscesses. Most people recover completely, but some cases become severe.
- **Treatment:** There are no therapeutics available. Only symptoms can be treated, and some symptoms require hospitalization.
- **Prevention:** A vaccine is very effective vaccine in preventing infection.



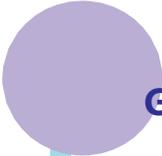
## Hepatitis B

- **Cause:** **Hepatitis B virus**
- **Incubation period:** **Around one to six months**
- **Symptoms:** Fever, whole-body fatigue, loss of appetite, jaundice, and so on. Most people recover, but some cases become severe or chronic.
- **Treatment:** If antiviral medication is necessary, follow your doctor' s instructions.
- **Prevention:** Vaccination is effective in preventing the transmission of hepatitis B through sexual contact.



## Hepatitis C

- **Cause:** **Hepatitis C virus**
- **Incubation period:** **Around two weeks to three months**
- **Symptoms:** Noticeable symptoms are often mild, such as fatigue or a loss of appetite, and jaundice does not readily develop, so people often do not realize they are infected. While 30% to 40% of cases recover naturally, 60% to 70% of cases lead to chronic hepatitis. If left untreated, there is a risk of progression to cirrhosis or liver cancer.
- **Treatment:** Patients are observed, and antiviral medication is administered if there are signs of chronic hepatitis.



## Genital Candidiasis

- **Cause:** Candida (a type of fungus)
- **Symptoms:** **Men:** Symptoms are rare, but inflammation of the head of the penis can occur in people with conditions such as diabetes. **Women:** Symptoms include itchiness in the vulva or vagina and a yogurt-like vaginal discharge.
- **Treatment:** Antifungal agents (vaginal or external medication, etc.)



## Public Lice

- **Cause:** Lice infection in pubic hair
- **Incubation period:** Around one to two months
- **Symptoms:** Itching in the genital region
- **Treatment:** Powder or shampoo for removing lice

# About HIV and AIDS

## HIV infection

### Cause

HIV (Human Immunodeficiency Virus)

### Incubation Period

The length of time between infection with HIV and the onset of symptoms differs depending on the individual. However, if left to progress naturally, it can be anywhere from several months to ten years. In recent years the time from infection to the onset of AIDS seems to be accelerating.

### Transmission Pathways

Sex, blood, and mother-to-child transmission

**Sex:** HIV is contained within an infected person's blood, semen, and vaginal discharge. Infection occurs when these bodily fluids enter the partner's body through the genitals, anus, mucous membranes of the mouth, or wounds. Sex prone to causing bleeding, such as anal sex, or period sex are particularly dangerous.

**Blood:** Infection through blood transfusions or sharing contaminated needles.

All blood used for blood transfusions in Japan is screened for HIV antibodies.

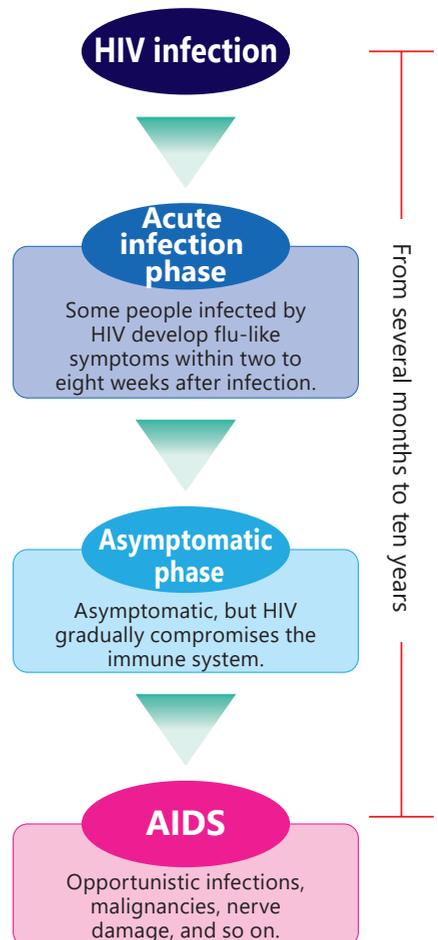
- With current technology, transmission via blood transfusion is extremely rare. However, the risk of infection cannot be completely eliminated.

**Mother-to-child infection:** If the mother is infected with HIV, the child may be infected through the placenta while in the womb, in the birth canal during birth, or when breastfeeding.

- If appropriate measures are taken, the risk of infection spreading to the baby can be reduced to less than 1%.

### Three stages

It is crucial to detect HIV early, receive treatment, and prevent the onset of AIDS



## Progression

**“HIV infection equals AIDS” is not true.**

Being infected with HIV (the virus name) does not mean that the onset of AIDS will soon occur.

If the infection is left untreated, the immune system will gradually weaken. Pathogens such as bacteria and parasites that would not be a problem when the immune system is functioning normally can cause various conditions such as opportunistic infections, malignancies, and nerve disorders.

This condition is called the onset of AIDS.

## These things don't spread HIV

- Physical contact such as shaking hands
- Air or water
- Coughing or sneezing
- Eating together or sharing drinks
- Hanging straps or handrails
- Communal baths or toilets
- Hairdressing or beauty care

## The treatment of AIDS is advancing

It is now possible to prevent or delay the onset of AIDS through treatment such as anti-HIV drug therapy. This treatment is more effective if it is administered before the immune system is compromised.

Also, due to advances in treating diseases such as opportunistic infections, AIDS is no longer a condition that is necessarily fatal. (With current medical science it is not possible to completely remove HIV from the body, so it is necessary to keep taking medicine.)

### What is U=U?

#### **U=U (Undetectable = Untransmittable)**

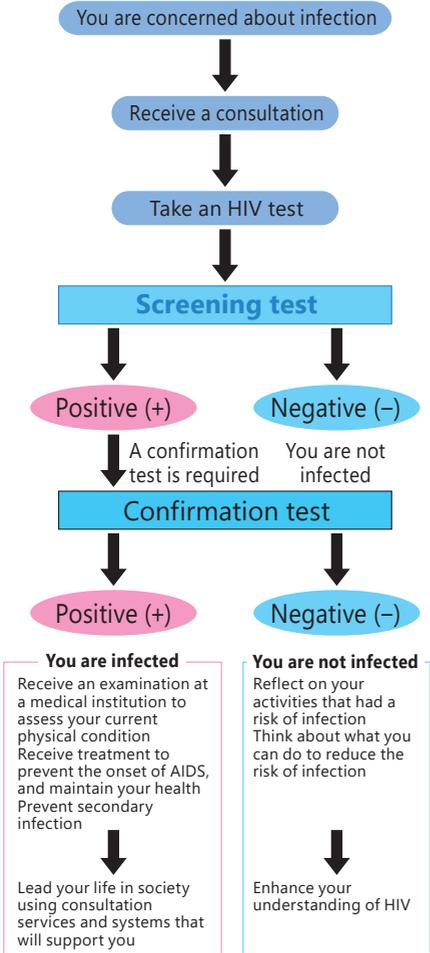
This is a message meaning that if HIV is undetectable in an HIV-positive person for six months or more, HIV is untransmittable to other people even if they have sex.

# Consultation and Testing

## Consultation and testing process

You can receive consultation and testing at health centers (\*1) anonymously (\*2). There is no charge for this service. Please contact the health center directly for the dates and times when consultation and testing are available.

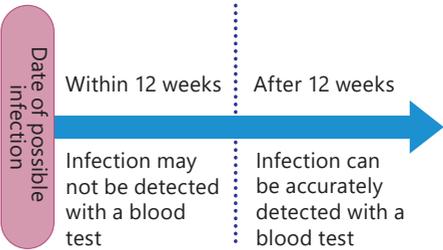
- \*1 Please refer to the table on page 19.
- \*2 You do not have to give your real name.



## When to get tested

If you become infected with HIV, detection is possible using a blood test after six to eight weeks.

There are differences between individuals in this time frame, so if you have taken a test within 12 weeks from the date of the last possible infection, it is recommended that you take another test to confirm the result.



**⚠Warning: Never donate blood for testing purposes.**  
 Various tests are conducted on donated blood to prevent infection by blood transfusion. However, it is not possible to completely eliminate the risk of infection with current technology. To prevent infection by transfusion, never donate blood for testing purposes.

## Why it is important to detect infection early

Through early detection of HIV, you can be seen by a specialist physician promptly and receive treatment to prevent the onset of AIDS. HIV cannot be detected unless you take a test.

## What do if you catch HIV

- **Find a reliable medical institution that you can easily visit.**

AIDS treatment base hospitals are available where you can receive treatment with peace of mind.

※ For more information, please contact your local health center.

- **Visit a medical institution to check your health condition and receive necessary treatment.**

First, you will receive tests to determine your immune function, viral load, and the presence of any complications.

Based on the results of these tests, you will receive anti-HIV therapy to suppress HIV proliferation as well as treatment to prevent complications.

- **Consult your physician or counselor about related medical conditions, treatment, and any concerns you have.**

Maintain your health by understanding AIDS, taking your medicine, sticking to a nutritionally balanced diet, and managing stress.

Doctors and a wide range of medical staff will provide assistance so you can successfully live with your illness.

※ Note: Osaka Prefecture and Osaka City dispatch professional counselors at the request of medical institutions. Please contact your doctor if you would like to receive counseling.

## Towards a Society of Living Together

- Have correct knowledge of all diseases and do not fear them irrationally.
- It is important to think about how you would want people to act and the kind of society you would want if you were infected.
- People's infection status is a private matter.
- There may be infected people in a place close to you, such as at work or school. Each person in the workplace, school, and community must raise their awareness of human rights, strictly respect the privacy of others, and accept one another.
- AIDS is not a special disease. To create a society where everyone can live with peace of mind, each person should strive to take action based on correct knowledge every day.

## List of public health centers in Osaka Prefecture providing consultation and testing

If you would like a consultation by phone or in person, please ask for the public health nurse. Please check the day and time of day of the blood test in advance. Testing is anonymous, free of charge, and no appointment is required.

### Osaka Prefecture

As of March 2022

| Health Center | Telephone    |              |              |
|---------------|--------------|--------------|--------------|
| Ikeda         | 072-751-2990 | Tondabayashi | 0721-23-2683 |
| Ibaraki       | 072-624-4668 | Izumi        | 0725-41-1342 |
| Moriguchi     | 06-6993-3133 | Kishiwada    | 072-422-6077 |
| Shijonawate   | 072-878-1021 | Izumisano    | 072-462-7703 |
| Fujiidera     | 072-955-4181 |              |              |

### Osaka City

※Testing is conducted by the Public Health and Welfare Center.

| Public Health and Welfare Center | Telephone    | Public Health and Welfare Center | Telephone    |
|----------------------------------|--------------|----------------------------------|--------------|
| ※ Kita-ku                        | 06-6313-9882 | Higashi-Yodogawa-ku              | 06-4809-9968 |
| Miyakojima-ku                    | 06-6882-9968 | Higashinari-ku                   | 06-6977-9968 |
| Fukushima-ku                     | 06-6464-9968 | Ikuno-ku                         | 06-6715-9968 |
| Konohana-ku                      | 06-6466-9968 | Asahi-ku                         | 06-6957-9968 |
| ※ Chuo-ku                        | 06-6267-9882 | Joto-ku                          | 06-6930-9968 |
| Nishi-ku                         | 06-6532-9968 | Tsurumi-ku                       | 06-6915-9968 |
| Minato-ku                        | 06-6576-9968 | Abeno-ku                         | 06-6622-9968 |
| Taisho-ku                        | 06-4394-9968 | Suminoe-ku                       | 06-6682-9968 |
| Tennoji-ku                       | 06-6774-9968 | Sumiyoshi-ku                     | 06-6694-9968 |
| Naniwa-ku                        | 06-6647-9968 | Higashi-Sumiyoshi-ku             | 06-4399-9968 |
| Nishi-Yodogawa-ku                | 06-6478-9968 | Hirano-ku                        | 06-4302-9968 |
| ※ Yodogawa-ku                    | 06-6308-9882 | Nishinari-ku                     | 06-6659-9968 |

### Sakai City

Health Center Infectious Disease Control Division Telephone 072-222-9933

| Health Center  | Telephone    | Health Center  | Telephone    |
|----------------|--------------|----------------|--------------|
| Sakai          | 072-238-0123 | Naka (Central) | 072-270-8100 |
| Higashi (East) | 072-287-8120 | Nishi (West)   | 072-271-2012 |
| Minami (South) | 072-293-1222 | Kita (North)   | 072-258-6600 |
|                |              | Mihara         | 072-362-8681 |

### Higashi-Osaka City

Higashi-Osaka City Health Center Maternal & Child Health and Infectious Disease Control Division Telephone 072-970-5820

| Health Center  | Telephone    | Health Center | Telephone    |
|----------------|--------------|---------------|--------------|
| Higashi (East) | 072-982-2603 | Nishi (West)  | 06-6788-0085 |
| Chuo (Central) | 072-965-6411 |               |              |

### Takatsuki City

Health Center 072-661-9332

### Hirakata City

Health Center 072-807-7625

### Toyonaka City

Health Center 06-6152-7316

### Yao City

Health Center 072-994-6644

### Neyagawa City

Health Center 072-829-7773

### Suita City

Health Center 06-6339-2227

## Information on telephone consultation services provided by NPOs and other organizations

### ■ NPO CHARM (provides multilingual telephone consultation on sexual health)

☎ **06-6354-5901** (16:00 to 20:00, excluding New Year holidays)

Tuesday: English, Spanish, Portuguese

Wednesday: Chinese

Thursday: English, Filipino

### ■ JHC General Incorporated Association

☎ **06-4708-3137** (Friday, 18:00 to 20:00)

### ■ Japan Foundation for AIDS Prevention (Mon to Fri 10:00 to 1:00, 2:00 to 5:00)

※Excluding New Year and national holidays

Toll-free / ☎ **0120-177-812**

From a mobile phone / ☎ **03-5259-1815**

## Information on nighttime and holiday HIV testing (AIDS testing) (anonymous and free)

### ■ chotCAST

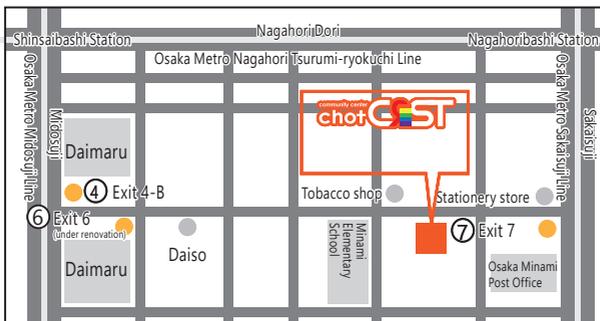
Location: 1-7-30 Higashi Shinsaibashi, Chuo-ku, Osaka (4F, 21 Shinsaibashi Building)

- One-minute walk from Exit 7 of Nagahoribashi Station on the Osaka Metro Sakaisuji Line and Nagahori Tsurumi-ryokuchi Line
- Four-minute walk from Exit 4-B of Shinsaibashi Station on the Osaka Metro Midosuji Line



<http://www.chotcast.com/>

Telephone: Tuesday, Thursday, Saturday, Sunday **06-4708-5035**









## **The Red Ribbon Awareness Campaign**

The red ribbon represents a personal message of “correctly understanding AIDS and having no prejudice or discrimination,” and it is spreading worldwide. Osaka Prefecture is promoting the campaign to spread awareness of the red ribbon. It is actively working to eliminate prejudice and discrimination surrounding AIDS patients and HIV-positive individuals.

### **Osaka HIV testing website**



<http://osaka.hivkensa.jp/>

### **HIV Testing and Consultation Map**



<https://www.hivkensa.com/>

### **Osaka HIV and AIDS information website**

<http://www.pref.osaka.jp/chikikansen/aids/index.html>

Mobile website: Osaka Prefecture HIV/AIDS information

<http://www.osaka-hivjoho.jp>



**Osaka Prefectural Government, Health Outcomes Division,  
Department of Public Health and Medical Affairs**