

如何预防性病？

使用安全套，并同时使用水性润滑剂是预防性病的最好方法，还可以防止怀孕。

为了得到最好的保护，您需要正确存放及使用安全套：

- 安全套不要放在过热（如汽车内）或过冷（如冰柜内）的地方，同时应该避免阳光直射
- 选择并使用合适尺寸（宽度）的安全套 — 小号（45–51毫米），中号（52–56毫米）及大号（56–60毫米）
• ECCQ(昆士兰民族委员会)可以为您提供免费的安全套样品包，里面包含各种不同尺寸的安全套。您可以在ECCQ网站上免费预订www.eccq.com.au/bbv，或者直接向我们的工作人员索取。
- 在使用安全套时应注意：
 - ✓ 检查有效期，不要使用已经过期的安全套
 - ✓ 使用水性润滑剂。不要使用油性润滑剂，油性润滑剂会破坏安全套
 - ✓ 不要重复使用安全套—无论是否清洗过
 - ✓ 不要同时使用2个或以上的安全套
 - ✓ 任何形式的性行为（阴道性行为、肛交或口交）都应使用安全套

您可以在超市、药房或便利店购买安全套和水性润滑剂。

人乳头瘤病毒（HPV）疫苗可以预防生殖器疣、宫颈癌以及肛门、外阴、阴道、阴茎和咽喉等部位的癌症。

以下方式可以帮助您降低感染性病的风险：

- 使用安全套
- 减少性伴侣的数量
- 避免与生殖器上长有肿块、皮疹、溃疡等皮肤损害的人发生性行为；并建议他/她去进行性健康检查
- 适量饮酒。酒精和毒品会使人丧失判断安全性行为的能力
- 若在澳大利亚以外的国家旅行时发生性行为，应进行性健康检查
- 在结束一段性关系后和开始另一段性关系前，应进行性健康检查
- 发生性行为后不要用清水或抗菌洗剂冲洗阴道。冲洗阴道并不能防止您感染性病，反而会增加感染的可能性

How can people protect themselves from STIs?

Condoms used with water-based lubricant are still the best way to protect people from STIs, and can also prevent pregnancy.

Condoms can be very effective if people store and use them correctly:

- Don't keep condoms in places that are too hot (such as in a car) or too cold (such as in a freezer). Keep condoms away from direct sunlight
- Choose and use the right size (width) condom – small (45-51mm), regular (52-56mm) or large (56-60mm). ECCQ has a free sample pack available with different sized condoms. Anyone can order free condom packs at www.eccq.com.au/bbv or ask our program staff.
- Always remember to:
 - ✓ Check the expiry date and don't use condoms that have expired
 - ✓ Always use water-based lubricant. Don't use oil-based lubricant as it can damage the condom
 - ✓ Don't re-use condoms – washed or not washed
 - ✓ Don't use two or more condoms at the same time
 - ✓ Condoms should be used for every type of sex-vaginal, anal and oral

Condoms and water-based lubricant can be bought from supermarkets, pharmacies and convenience stores.

HPV vaccine can prevent genital warts and cancers of cervix, anus, vulva, vagina, penis and throat.

The risk of getting an STI are reduced by:

- Using condoms
- Reducing the number of sexual partners
- Avoiding having sex with a person if they have a lump, rash or sore on their genitals. Suggest that they have a sexual health check
- Drinking alcohol in moderation. Drinking alcohol or taking drugs can make it difficult to make good decisions about having safe sex
- Having a sexual health check if you have had sex while traveling in another country
- Having a sexual health check when you have finished a relationship and before you start a new one
- Do not wash out your vagina with water or antiseptic solution after sex (this is called douching). Washing out the vagina does not protect against STIs and can make it easier to be infected



如果您想了解更多信息，可以登陆我们的网站 www.eccq.com.au/bbv，或下载《Let's Talk About It》健康宣传手册。您也可以联系我们为您邮寄免费的宣传材料。

联系方式 (中文/英文 双语)

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Please contact us at www.eccq.com.au/bbv or download a copy of the **Let's Talk About It** booklet from the website for further information. You can also ask us to send you hard copies for free.

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健康与防护

性病常识

Information about STIs



什么是性病？

性病（全称性传播疾病）是指通过性接触【包括**阴道性行为**（阴茎进入阴道内）、**肛交**（阴茎进入肛门内）或**口交**（口部接触生殖器/肛门）】而传播的疾病。一些性病，如艾滋病和乙肝，还可以由母亲传染给孩子或通过血液接触传播。详情可到 www.eccq.com.au/bbv-chinese, 网站，参阅中文版的艾滋病和乙肝健康手册。性病有30多种类型，可以由病毒、细菌或寄生虫感染而引起。

澳大利亚最常见的性病有哪些？

澳大利亚最常见的性病有衣原体感染、淋病、梅毒、生殖器疣和生殖器疱疹。

性病会对身体造成哪些影响？

一些性病如果不进行治疗会对身体健康造成严重且长期的影响，例如可能导致女性盆腔炎，也可导致**男性和女性的不孕不育**。性病会增加感染及传播艾滋病毒的风险。某些性病甚至会导致死亡。**因此，性病应尽早诊断，尽早治疗**。感染者近期和现任的性伴侣也同样需要接受检查和治疗。如果有需要，您的医生可以帮助您联系他们。**这样有助于预防再次感染**。

如何知道自己是否感染了性病？

只有通过性健康检查才能知道是否感染了性病。

很多感染了性病的人都没有任何症状，也不会有任何不适，因此并不知道自己已经感染。但是一些感染者可能会出现下列症状中的一种或几种：

- 生殖器（阴茎、睾丸、阴道、肛门）或大腿内侧出现水泡、肿块、溃疡、皮疹或任何皮肤改变
- 睾丸疼痛（男性）
- 下腹痛，性交时或性交后疼痛，非月经期阴道出血（女性）
- 阴茎、阴道或肛门有异常分泌物或流血
- 排尿疼痛或排尿困难

所有有过性生活的人都应进行性健康检查。尤其是有以下一种或多种情况：

- 更换性伴侣，特别是在开始或结束一段性关系时
- 曾经在发生性行为时没有使用安全套
- 有一个以上的性伴侣

What are STIs?

STIs (Sexually Transmissible Infections) are infections that can be passed from one person to another by sexual contact including **vaginal sex** (penis in vagina), **anal sex** (penis in anus) and **oral sex** (mouth to genitals/anus). Some STIs can also be passed from mother to baby or by blood contact such as HIV and hepatitis B. These are discussed separately in our HIV and Hepatitis B Factsheet available at www.eccq.com.au/bbv.

There are more than 30 different STIs. Some can be caused by viruses, some by bacteria and some by parasites.

What are common STIs in Australia?

The common STIs in Australia are Chlamydia, Gonorrhoea, Syphilis, Genital Warts and Genital Herpes.

How do STIs affect people?

Some STIs can cause serious long-term health problems if left untreated, such as pelvic inflammatory diseases (PID) for women or **infertility (cannot have a baby) for both men and women**. STIs can increase the risk of getting and transmitting HIV. If left untreated some STIs can even lead to death. **Therefore, it is important that STIs are diagnosed and treated early**. Recent and current sexual partners will also need testing and treatment if infected. Your doctor can help you to contact them if required. **This will help to prevent re-infection**.

How can people know if they have an STI?

A sexual health check is the only way to know whether a person has an STI or not.

Most people who have an STI look and feel healthy without knowing that they are infected. However, some people may experience one or more of the following symptoms:

- Blisters, lumps, sores, a rash or a change in the skin on the genitals (penis, testicles, vagina, anus) or inner thighs
- Pain in the testicles (males)
- Lower belly pain, pain during or just after sex, or bleeding between periods (females)

- Unusual discharge or bleeding from the penis, vagina, or anus
- Pain or difficulty passing urine

All people who are sexually active should have sexual health checks. In particular, if you:

- change a sexual partner, particularly at the start or end of a sexual relationship
- have had sex without using a condom
- have more than one sexual partner

性健康检查包括什么？

- 与您讨论您对性健康的疑虑以及您过去的性健康史
- 尿液和/或血液检查
- 生殖器、肛门或咽部拭子检查

哪里可以进行性健康检查？

您可以在性健康诊所进行免费且保密的性健康检查 ([www.health.qld.gov.au/clinical-practice/guidelines-procedures/sex-health / services / find-service](http://www.health.qld.gov.au/clinical-practice/guidelines-procedures/sex-health/services/find-service))。您也可以到您的家庭医生那里或者计划生育服务机构进行检查。

16岁及以上的昆士兰州居民可在网上 (www.health.qld.gov.au/13health/webtest) 申请免费且保密的衣原体和淋病的尿液检查。但是这个检查并不能替代全面的性健康检查。

性病如何治疗？

- 衣原体感染、淋病和梅毒是由细菌感染引起的，可以用抗生素治疗。但是治愈后不注意防护可再次感染。
- 生殖器疱疹和生殖器疣是由病毒感染引起的，无法治愈；但是可以通过口服、注射药物或使用外用药物缓解症状。

如果孕妇感染了性病怎么办？

所有孕妇在孕早期均应进行性健康检查。有些孕妇在整个孕期可能需要多次进行性健康检查。梅毒、衣原体感染、淋病和生殖器疱疹等性病可以在孕期或生产时由母亲传染给孩子。梅毒对宝宝非常危险，可能导致出生缺陷或流产。大多数性病均可在孕期得到安全治疗——越早治疗越好。



What might a sexual health check include?

- Discussion of your sexual health concerns and taking a sexual health history
- Urine and/or blood tests
- Swabs of the genital, anus or throat

Where can people get a sexual health check?

You can have free and confidential sexual health checks at sexual health clinics (www.health.qld.gov.au/clinical-practice/guidelines-procedures/sex-health/services/find-service). You can also go to your GP or Family Planning Services.

Queensland residents aged 16 years or older can order a free and confidential chlamydia and gonorrhoea urine test online at www.health.qld.gov.au/13health/webtest. However, it does not replace a sexual health check.

How are STIs treated?

- Chlamydia, gonorrhoea and syphilis are caused by bacteria and can be cured with antibiotics. However, people can be re-infected.
- Genital herpes and genital warts are caused by viruses and cannot be cured, but symptoms can be treated with oral, injected or cream medications.

What will happen if a pregnant woman has an STI?

All pregnant women should have a sexual health check in early pregnancy. Some women may need to be tested for STIs a few times throughout the pregnancy. STIs like syphilis, chlamydia, gonorrhoea and genital herpes can be passed from mother to baby during pregnancy or birth. Syphilis is very dangerous for babies and can cause birth defects or miscarriage. Most STIs can be safely treated during pregnancy – the earlier the better.

