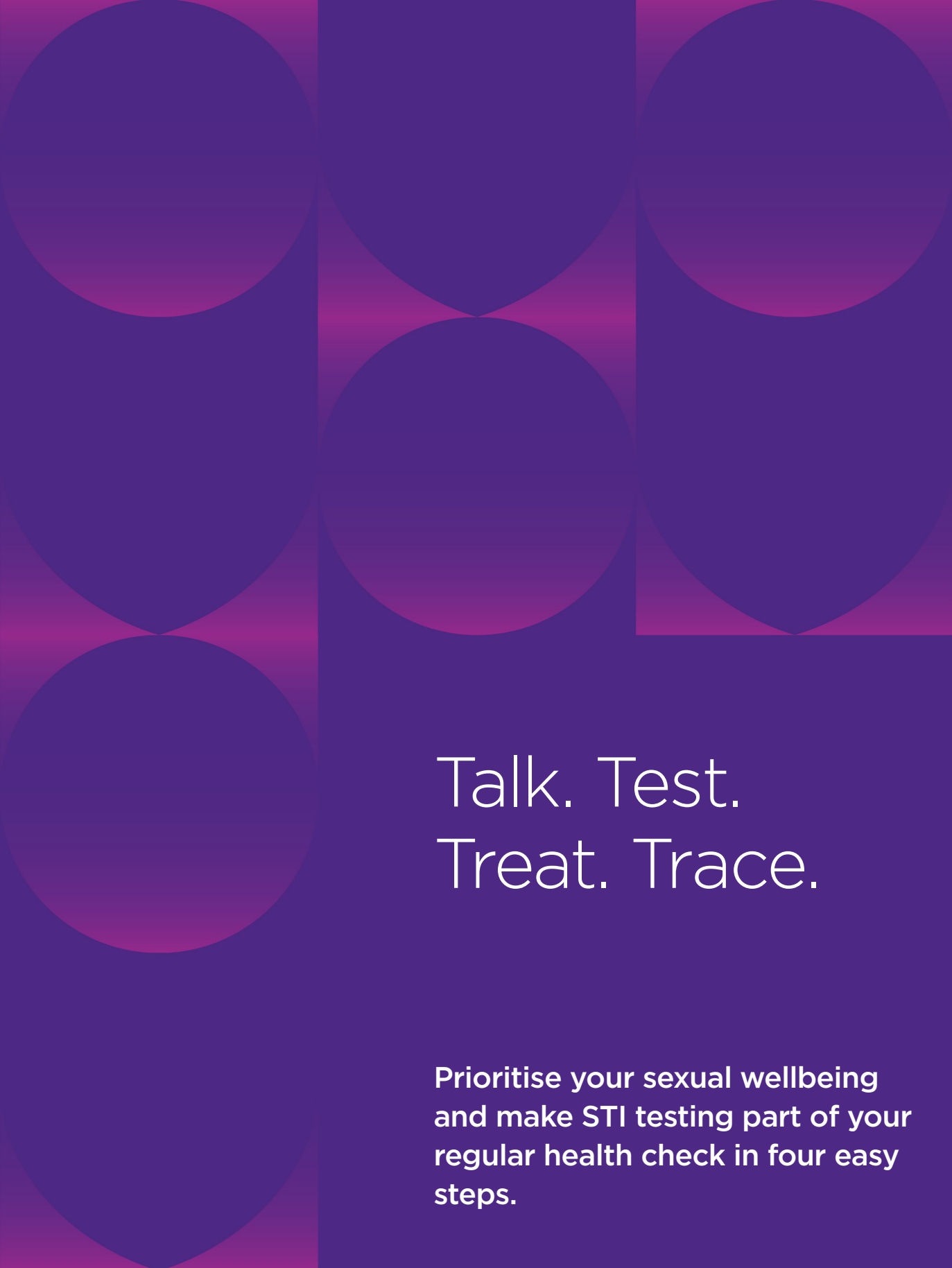




Talk. Test.
Treat. Trace.

**Prioritise your sexual wellbeing
and make STI testing part of your
regular health check in four easy
steps.**



Talk. Test. Treat. Trace. Campaign

Talk. Test. Treat. Trace is a public health campaign running at UQ during SEXtember with the aim of supporting the prevention, early detection and treatment of sexually transmitted infections (STIs) and blood-borne viruses (BBVs) in our community.

Talk. Test. Treat. Trace provides a comprehensive framework on how to access STI testing, breaking stigmas relating to sex and sexual health, increasing knowledge about testing, treatment and contact tracing options.

Talk

Talking openly about sexual health helps create safer, more enjoyable, and positive experiences. Talking with sexual partners, friends, and health professionals can help normalise sexual health conversations and reduce stigma around testing and Sexually Transmitted Infections (STIs).

Talking to your sexual partners

Having a conversation about sexual health before sex is an important part of looking after yourself and your partners. It also leads to safer, more enjoyable, and positive sex.

You can be direct and start with a simple question like:

“Before we do anything, when was the last time you had an STI test?”

Open and honest communication can help you make informed decisions, set boundaries, and feel more confident about your sexual health.

Talking to your friends

Talking to friends about sexual health, STI testing, and safer sex can help increase awareness and reduce stigma.

Sharing information, encouraging each other to get tested, and normalising conversations about sexual health can make it easier for everyone to access the support and care they need.

Talking to a health professional

Talking to a health professional is a great way to make sexual health part of your regular healthcare routine.

Sexual health is an important part of your overall wellbeing, and you should feel comfortable discussing it with the health professional of your choice. A good health professional will provide information and support without judgement.

If you don't feel comfortable with a particular provider, that's okay. Sometimes it can take meeting a few different health professionals before finding someone who is the right fit for you.



Test

A Getting tested is the best way to know if you have a sexually transmitted infection (STI). Many STIs do not cause any symptoms, so you can have an STI without knowing it.

Regular STI testing is an important part of looking after your sexual health, especially when you have a new sexual partner or are sexually active with multiple partners. Testing is often free or low cost, confidential, quick, and straightforward. There are several ways to access STI testing, both on and off campus.

13 HEALTH Webtest

13 HEALTH Webtest offers free online testing for chlamydia and gonorrhoea for people who do not have symptoms of an STI. To get tested, complete an online pathology request form, collect a specimen kit from your nearest participating pathology service, and return your sample for testing. Results are provided confidentially by SMS, phone, or email, usually within a few days.

www.qld.gov.au/health/staying-healthy/sexual-health/chlamydia-test/about-13health-webtest

RAPID Testing at UQ

UQU Student Advocacy and Support (SAS) partners with RAPID to provide free, on-campus STI testing throughout the year. Testing is offered on a walk-in basis, with no appointment required.

www.uqu.com.au/rapid-testing-dates/

UQ Medical Centres

The UQ Medical Centres offer fully bulk-billed appointments for UQ students. You can book an appointment with a GP to discuss your sexual health and arrange STI testing.

Book an appointment:

UQ St Lucia: **www.uqhcnstlucia.com.au/**

UQ Gatton: **www.uqhealthcare.org.au/gatton/**

RAPID Walk-in-Clinic in Fortitude Valley

RAPID operates a free walk-in sexual health clinic in Fortitude Valley. No appointment is needed, and testing is available for a range of STIs.

www.qpp.org.au/what-we-do/rapid-hiv-testing/testing-clinics/

At-Home STI Self-Test Kits

At-home STI self-test kits are available from many pharmacies, including pharmacies located on UQ campuses. The kits test for chlamydia and gonorrhoea. They can be completed privately at home and provide results within 15 minutes. Costs vary but are generally between \$15 and \$25.

Sistr

Sistr is an online platform where you can arrange free STI testing for a range of common STIs. The service is free for people of all genders who have a valid Medicare card.

www.sistr.com.au/find-test

True Relationships and Reproductive Health

True operates sexual and reproductive health clinics in Brisbane, Toowoomba, and Ipswich. They provide sexual health services, including STI testing, information, and support.

www.true.org.au/our-services/sexual-health-clinics

Treat

Treating an STI is an important step in looking after your health and preventing transmission to others.

What if I receive a positive result?

If you receive a positive STI test result, the next step is to connect with a health professional who can discuss your treatment options and any follow-up care that may be needed.

I found out through an at-home self-test kit, what next?

If you have used an at-home self-test kit, you may need to see a doctor or other health professional to confirm the result and obtain any prescribed medication

I feel uneasy about my results, what should I do?

All STIs are easily treated or effectively managed with the right care. Treatments are often low cost, easy to access, and may involve medication, follow-up testing, or ongoing monitoring, depending on the type of STI.

Your health professional will explain the treatment process, answer any questions you have, and provide confidential care and support throughout the process.



Trace

Tracing is telling your current or past sexual partners that they may have been exposed to an STI so they can get tested and treated if needed.

Many STIs do not cause symptoms, which means someone may not know they have an STI. Letting partners know is an important part of looking after both their health and your own. It can help people access testing and treatment early and prevent further transmission.

There are different ways to notify sexual partners, and you can choose the approach that feels most comfortable for you.

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Have a conversation with them

If you feel comfortable, you can speak directly with your sexual partner(s) and let them know they may have been exposed to an STI and should consider getting tested.

If you choose to have the conversation in person, it may help to:

- Let them know early on that you would like to discuss something important
- Check whether it is a good time to talk, or arrange another time if needed
- Be direct and clear about why you are contacting them

Anonymous notification

If you do not feel comfortable contacting a partner directly, anonymous notification services are available. These services allow you to send an anonymous text message or notification advising a partner that they should consider STI testing, without revealing your identity.

Some available services include:

- Let Them Know (for people notifying partners about a potential STI exposure)
www.letthemknow.org.au
- The Drama Downunder (for men who have sex with men):
www.thedramadownunder.info
- Better To Know (for Aboriginal and Torres Strait Islander peoples)
www.bettertoknow.org.au



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

For more information

UQ Respect

uqrespect@uq.edu.au

respect.uq.edu.au