



PATIENT INFORMATION SHEET

What is partner notification?

Partner notification is when you tell someone they have been in contact with a sexually transmitted infection (STI) and advise them to get tested and treated for that STI, even if their test results are negative. This is also called contact tracing.

Why should we notify sexual contacts?

- To avoid getting an STI back again from an untreated sexual contact.
- The more times you get an STI, the higher the risk of getting serious problems in the future.
- It helps to stop the spread of STIs.
- Unless they get tested, people often don't know they have an STI and can spread it to others without knowing.

Who do I need to contact?

Usually anyone you have had sexual contact with (including oral, vaginal or anal sex) in the 2 months before your symptoms started or 2 months before you were tested if you did not have symptoms, as advised by your doctor or nurse, even if you used condoms.

When should I do this?

- As soon as possible after finding out that you have an STI.
- Before you have sex with an untreated contact.

How am I going to do this?

There are many ways of telling sexual contacts:

- Face-to-face
- On the telephone
- Text message or private messaging/chat
- Give them a treatment letter for sexual contacts
- Give them an information sheet
- Email

Things to think about when deciding how best to tell your sexual contact(s):

- How safe it is for you to tell your sexual contact(s). If you have concerns, please discuss this with your doctor or nurse.
- What contact information you have for your sexual contact(s).
- How you would like to be told yourself.

Many people prefer to inform people face-to-face and find that they have a positive response from their sexual contact(s).

Where can I go if I need help with partner notification?

- Family doctor/Nurse practitioner
- Public Health/Communicable Disease Control Nurse

Important Information

Partner notification/contact tracing has health benefits to you as it can stop you from becoming re-infected.

Many people don't know they have an STI: Notifying them can help them get treated.

STIs are usually easy to test for and treat.

Chlamydia testing can be done with a simple urine sample.

Partner notification/contact tracing helps stop the spread of STIs.

If you use a condom every time you have sex you are much less likely to get a STI.

Just because you were tested first does not mean you were infected first.

Make sure the information that you pass on is correct. Health professionals can help you with this if you are unsure.