

## Disclaimer

We hope the information provided is helpful but nothing is intended to be a substitute for professional advice, and nothing in this leaflet should be taken as such.

All information is without warranty of any kind. We advise you to check current information and resources from the NHS and sexual health organisations like the Terrance Higgins Trust.



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*Services in the Thurrock area are funded by Thurrock Community Safety Partnership.*

## Contacting EGM

If you would like to make a comment, compliment or complaint, please contact us using one of the following methods:

**tel:** 01245 250 256

**text:** 07949 348820

**email:** [info@essexgaymen.org.uk](mailto:info@essexgaymen.org.uk)

**web:** [www.essexgaymen.org.uk](http://www.essexgaymen.org.uk)

**post:** EGM c/o Maldon & District CVS,  
Holloway Road, Heybridge, EssexCM9 4ER

You can also speak to a volunteer in person at any of our 'drop in' meetings.

NB: Certain complaints and representations are not covered by EGM's complaints policy, for example, where legal issues may apply.



*Providing support, inspiration, mutual respect & friendship*

# Sexual Health

## STI's

There are many different types of sexually transmitted infections (STIs) and they can be spread in different ways, not just through penetrative sex.

**The easiest and most effective precaution to take against most STIs is using a condom**



Anal sex without a Condom is unprotected sex and by far the easiest way for HIV to be transmitted.

Herpes, Syphilis and Gonorrhoea are easily passed on through oral sex so using a condom for oral sex is best. There is a risk HIV can be passed on through oral sex.

Remember condoms can tear so always use water base lubricant on the outside of the condom.

**Condoms can be bought cheaply online [www.freedoms-shop.com](http://www.freedoms-shop.com) or Tel 020 7530 3941.**

## Find Out More

Find out the facts about HIV and other STI's. Free leaflets published by the NHS and THT are available at meetings.

Confidential advice can be provided by:

**NHS Sexual Health Helpline**  
**0800 567123**  
[www.condomessentialwear.co.uk](http://www.condomessentialwear.co.uk)



**Terrance Higgins Trust Helpline**  
**0845 1221200**  
[www.tht.org.uk](http://www.tht.org.uk)



## PEP

PEP stands for post exposure prophylaxis. It is a treatment that may stop HIV developing following exposure to HIV i.e. following a rape or condom tearing.

PEP does not work in all cases and should be taken as soon as possible after exposure to HIV ideally within a few hours. PEP is unlikely to work after 72 hours (3 days). You need to go to your nearest Accident and Emergency (A&E) Dept. or Sexual Health (GUM) clinic as soon as possible.

***Remember, drinking too much alcohol or taking drugs can affect your judgment. Always carry condoms on you so you have them if you need them.***

## Local Sexual Health Clinics

### Mid Essex

Sexual Health (GUM) clinics are located at:

St John's Hospital (Chelmsford)  
St Peter's Hospital (Maldon)  
William Julien Courtauld  
Hospital (Braintree)

Appointments can be arranged on:  
**0844 556 9601**

### Thurrock

Sexual Health (GUM) clinic is located at:

Orsett Hospital

Contact the clinic on:  
**01268 592214**

To find your nearest NHS Sexual Health Clinic call: **0800 567123**  
or go to: [www.essexgaymen.org.uk/sexual\\_health](http://www.essexgaymen.org.uk/sexual_health)

*Remember - you can use a false name or ask to be seen anonymously.*

## Hepatitis B

Hepatitis B can make you very ill and vaccination is available free from sexual health clinics, travel clinics or GP surgeries. A doctor will ask why you want to be vaccinated. If you don't want to disclose you're gay or bisexual or have this on your medical notes, you could say you're travelling to a country where the virus is common (such as South East Asia).