

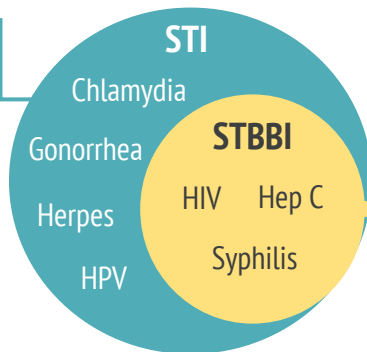
STI AND STBBI TESTING



STI AND STBBI – WHAT’S THE DIFFERENCE?

Sexually Transmitted Infections (STI)

STIs are characterized by the way they pass between two people – through sexual contact. There are very few instances where these infections can be passed without sexual contact. Remember – sexual contact is anytime there is touching of the intimate parts (genitals) of one or both people involved. Herpes can also be passed through kissing.



Sexually Transmitted Blood Borne Infections (STBBI)

STBBIs are characterized by the way they pass between two people (sexual contact) AND by the body fluid they are found in (the blood). STBBIs can be passed between two people in more ways than through sexual contact, including any items with someone else blood on them or any items that have pierced the skin of another person.

SIMILARITIES AND DIFFERENCES

STIs

- Passed through sexual contact
- Mainly affects the area used during sexual contact
- Tested for using urine or swabs

STBBIs

- Passed through sexual contact and the transfer of blood
- Travels through the blood to affect the whole body
- Tested for using blood (draw or drops)

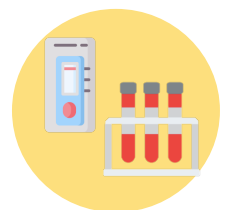
SWAB AND URINE TESTING



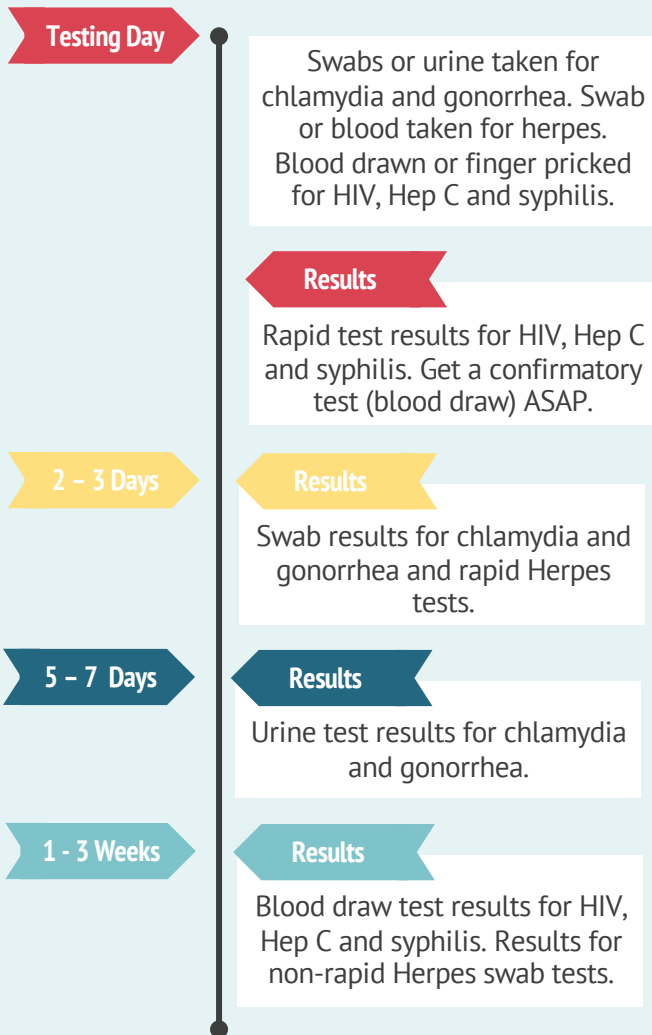
	SWAB - THROAT	SWAB - VAGINAL	SWAB - ANAL	SWAB - LESION	URINE
Chlamydia	✓	✓	✓		✓
Gonorrhea	✓	✓	✓		✓
Herpes or Syphilis				✓	
HPV		✓			

BLOOD TESTING

	BLOOD DRAW	POINT OF CARE	DRIED BLOOD SPOT	SELF-TEST
HIV	✓	✓	✓	✓
Hep C	✓	✓	✓	
Syphilis	✓		✓	
Herpes	✓			



TESTING TIMELINE



WHO SHOULD GET TESTED

If you've been notified as a contact to someone who has tested positive, test for:

you'll be told what to test for

If you're showing signs and symptoms (please visit <https://sexlifesask.ca/stis> for a list of symptoms), test for:

the infection you're showing symptoms of

If you've ever shared a needle (for drug use or piercing or tattoos) with someone, test for:

HIV Hep C

If you've had unprotected (no condom) sexual contact, test for:

HIV Hep C Syphilis Chlamydia & Gonorrhea Herpes

If were born between the years 1945 - 1975, test for:

Hep C

If you're pregnant, test for:

HIV Hep C Syphilis Chlamydia & Gonorrhea Herpes

If you're newly immigrated to Canada, test for:

HIV Hep C Syphilis

Partner Notification

If you test positive for an STI or STBBI your sexual partners **MUST** be warned of possible exposure. Luckily, you don't have to do this. Upon testing positive, a nurse will follow up with the people you name as contacts OR visit <https://tellyourpartner.org> to send an anonymous text yourself.



Incubation

The incubation period of an infection is the time it takes between when you're exposed and when you develop symptoms

Window

The window period of an infection is the time between when you become infected and when a test can detect the infection.

INCUBATION AND WINDOW PERIODS

Incubation Period		Window Period		Chronic Infection (serious symptoms years later)					
		Days							
		10	20	30	40	50	60	70	80
HIV		2 – 30 days			14 – 90 days				
Hep C		14 - 84 days						60 – 180 days	
Chancre (Primary Syphilis)		3 – 90 days							
					30 – 90 days				
Syphilis (Secondary and Beyond)		14 – 56 days							
Chlamydia		14 – 21							
		7 - 14							
Gonorrhea		2 – 21 days							
		7 - 14							
Herpes		2 – 21 days							
		Sore Swab		Blood Test					

ROCK PAINTING

People have been painting on rocks for thousands of years! Rock art is found in many culturally diverse regions of the world. For example, take these thunderbird pictographs that can be seen at Wasawakasik Lake, in Northern Saskatchewan.



What you'll need:

- Rocks with smooth surfaces
- Paintbrushes
- Acrylic Paint
- Pencils
- Water
- Spray on Paint Sealer (optional)

Ladybugs



1. Paint the entire rock one fun color
2. Paint a black half circle on one end of the rock
3. Paint a line down the middle, away from the half circle and give the ladybug some black spots all over the color
4. Paint two white dots on the black half circle and two even smaller dots on top of the white dots.



EASY

Stained Glass



1. Sketch out the outline of the scene in pencil
2. From the tip of the wave to the bottom, start with your lightest blue and move to the darkest
3. Paint the base ocean a medium blue
4. Alternate between yellow and orange for the sun beams
5. Outline each colour in black (use a sharpie if you like!)



INTERMEDIATE

Dot Mandalas



1. Paint a large black circle in the middle of the rock
2. Using the eraser at the end of the pencil, make a medium blue dot at the top, bottom, left and right of the black circle and fill in more blue dots between
3. Make large, light blue dots right outside the last dots.
4. Make rings of small, dark blue dots leading to one big blue dot in the middle.
5. Make little white dots in the middle of each blue dot and between the medium blue dots
6. Outline the large blue dots with little white ones & make lines of shrinking small white dots between the large blue ones






EXPERT

WORD PUZZLES

Decipherer what phrase is being represented in each box.

Write Your Answers Here

	1	2	3	4	5
A	CCCCCCC	T O W N	TOUCH ↓ OUT CH	R O A D S D S	KNEE LIGHTS
B		GIVE GET GIVE GET GIVE GET GIVE GET	AID AID AID AID ←	SAND	G N I K A M LOST LOST LOST LOST 
C	ECNALG	YOU JUST ME	WAY — DO	CYCLE CYCLE CYCLE	MILL1ON
D	LAND TIME	ECONOMY	AGED AGED AGED	 MORAL	BEHIND

- 1A
- 2A
- 3A
- 4A
- 5A
- 1B
- 2B
- 3B
- 4B
- 5B
- 1C
- 2C
- 3C
- 4C
- 5C
- 1D
- 2D
- 3D
- 4D
- 5D

Smoothie Recipes

Directions:

1. Put all ingredients into the blender and blend.
2. Pour in a glass and enjoy.

Ingredients:

- Choose one item from each of the columns
- If using Greek yogurt, you can leave out the protein
- Extras are optional

Yogurt ¼ Cup	Liquids ½ Cup	Fruits ½ Cup	Vegetables A Handful	Proteins 1 or 2 Tbsp	Extras A Pinch
Greek Yogurt	Milk	Banana (fresh or frozen)	Spinach	Peanut Butter	Cocoa Powder
Natural Yogurt	Water	Berries (fresh or frozen)	Avocado	Nuts	Vanilla
Plain Yogurt	Soy or Almond Milk	Mango	Beets	Flax Seeds	Honey
Dairy Free Yogurt	100% Fruit Juice	Apple	Kale	Lentils	Coconut

BUDDY STEP CHALLENGE

- 1 Find a buddy that's ready to do the challenge with you
- 2 Starting on a Sunday morning until Saturday evening, track your steps for the whole week- you can use the built-in step counter app on most cellphones or download a free one
- 3 On Saturday evening, compare steps with your buddy and see who racked up more steps
- 4 The loser might owe the winner a batch of cookies or other pre-agreed upon prize.
- 5 Rematch the next week!



WEBINAR



June 17th from 6pm – 7pm

Topic: Harm Reduction and Naloxone

Prizes Available!



Register and get your Zoom link here:

<https://forms.gle/E2bKLGs8i4hSJkBT8>

WORD PUZZLE ANSWERS

- | | |
|----------------------------|----------------------------|
| 1A Seven Seas | 1C Backwards Glance |
| 2A Downtown | 2C Just Between You and Me |
| 3A Out of Touch | 3C Way Overdue |
| 4A Crossroads | 4C Tricycle |
| 5A Neon Lights | 5C One in a Million |
| 1B Apple Pie | 1D Land Before Time |
| 2B Forgive and Forget | 2D Growing Economy |
| 3B First Aid | 3D Middle Aged |
| 4B Sand Box | 4D Moral Compass |
| 5B Making Up For Lost Time | 5D Left Behind |

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