



## Caring for yourself and for your loved ones!

To keep yourself and your loved ones safe from STI and RTI:

- ✓ Use condoms correctly and consistently
- ✓ Practice safer sex
- ✓ Maintain hygiene - personal, genital, coital (washing genitals after sexual intercourse) and menstrual (in women)
- ✓ Get early diagnosis of STI/RTI
- ✓ Many STI are asymptomatic; internal examination helps diagnose hidden STI/RTI
- ✓ Complete the entire course of treatment
- ✓ Get your partner treated for STI too - this will prevent re-infection



National AIDS Control Organisation

India's voice against AIDS

