

# STI (Sexually Transmitted Infections) Quiz

True or False?



True or False?

If I'm sexually active and feel healthy, I definitely don't have an STI.

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**FALSE.** Some STIs have no symptoms so it is possible to have an STI and have no symptoms. If anyone is sexually active they should get regular STI tests.

Someone should get tested when they have a new partner, every 3 months or once a year if they are in a committed relationship.



True or False?

STI testing is painful

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**FALSE.** Most STI testing is done through a urine sample - peeing in a pot - or with a swab - a long cotton bud used to get cells from the mouth, anus or vagina (like the swabs we used for covid testing). Neither of these tests are painful, though some people may find the process a bit uncomfortable. For some STI tests blood may need to be taken but this is not usually the case. Some people find blood tests painful.



True or False?

You can get an STI from  
having / giving oral sex

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**TRUE.** STIs are passed between people through bodily fluids and skin to skin contact. During oral sex - when someone uses their mouth on someone's else's genitals to give them pleasure - bodily fluids from the mouth and genitals mix. If someone wants to reduce this risk of getting an STI when having oral sex they can use a Dam - flat piece of thin latex that goes over the genitals - or a condom when giving oral sex.



True or False?

You can get an STI from a  
toilet seat

You can get an STI from a toilet seat

**FALSE.** An STI cannot survive for very long outside of the human body. Once any fluid containing the infection leaves the body, the infection in the fluid dies very quickly and so is no longer contagious.



True or False?

You can catch an STI the first time you have sex.

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**TRUE.** If the person you have sex with for the first time has an STI you can catch it. STIs can be passed between people during any type of sexual activity, so even if neither person has had penetrative sex before, they may have had oral sex or skin to skin contact and they could have caught an STI this way.



For more information about STIs visit the [NHS](#) or [Brook](#) website