

Partner Notification/Contact Tracing

What is partner notification?

Partner notification is when you tell someone they have been in contact with an 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 last 3 months, 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
- SMS/Social media
- 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 details 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 for help from a health professional?

- GP/practice nurse
- Local sexual health clinic
- Family Planning

Remember

- STIs are usually easy to test for and treat.
- Most STIs are passed on by people who don't know they have one, as they often don't have any signs or symptoms.
- Just because you were tested first doesn't mean that you had the infection first.
- Make sure you have the correct information (fact sheet or website) to answer any questions and correct any myths about the STI.
- If you use a condom every time you have sex, you are much less likely to get an STI.

Important information

- Partner notification/contact tracing has **health benefits to you as it can stop you getting re-infected.**
- Many people don't know they have an STI: notifying them can **help them get treated.**
- Partner notification/contact tracing helps stop the spread of STIs.
- Make sure the **information that you pass on is correct.** Health professionals can help you with this if you are unsure.