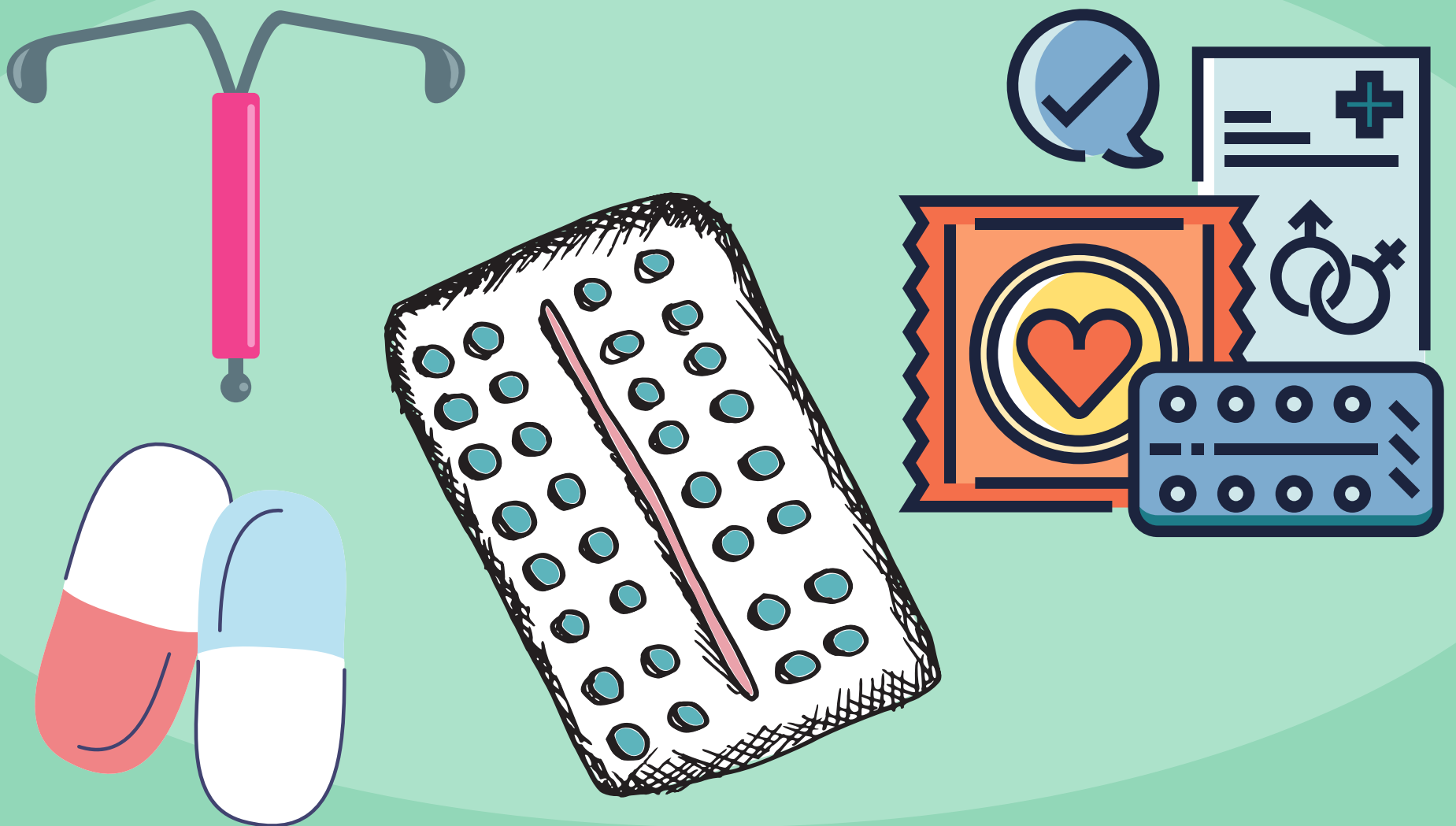


*Sexpression St Andrews*

# SEXUAL HEALTH DURING COVID

*WHAT YOU SHOULD KNOW*



# STIs



*How do I book a test for STIs?*

Call your GP and explain your symptoms. After your consultation, they will send you the test in the mail.

You will then send back the completed test and receive your results.

Disclaimer: You can have an STI but not have symptoms. However, due to the pandemic one can only get a STI test from their GP if they are experiencing symptoms at this time.

If you are experiencing symptoms of STIs such as *pain during sex, change in odor of genitalia, discharge from the penis, or changes in vaginal discharge*, you may be eligible for a chlamydia and gonorrhoea home testing kit.



This symptom-o-tron made by Sexual Health Scotland will help you determine if you should get tested:  
<https://www.sexualhealthscotland.co.uk/symptom-o-tron>

# What are STIs?

STIs are infections, caused by bacteria, viruses, fungi, or parasites, which are transmitted during sex. Sometimes, these will cause symptoms, such as

- unusual discharge from the vagina, penis or anus
- pain when peeing
- lumps or skin growths around the genitals or anus
- a rash
- unusual vaginal bleeding
- itchy genitals or anus
- blisters and sores around the genitals or anus

However, often there are no symptoms, which means anyone could have an STI, without knowing it. Getting a test can tell you if you have an STI, even if you don't have symptoms. If you have any symptoms, you should stop having sex until you have been tested.

*Free condoms are available to be posted to you in an unmarked envelope from the Fife Sexual Health Clinic if you currently reside in Fife when you email: [fife.condomdistribution@nhs.scot](mailto:fife.condomdistribution@nhs.scot)*

*The Fife Sexual Health Clinic is a local sex clinic that is part of the sexual health branch within the NHS from which one can receive sexual health advice, care and treatment.*

# Condoms and Contraception

*Emergency contraception is still available at essential pharmacies across Scotland.*

*Essential pharmacies in St Andrews include: Lloyds Pharmacy at St Andrews Community Hospital, Boots on Market Street, and Morrisons Pharmacy on Largo Road.*

Telephone advice from the Fife Sexual Health Clinic is available when you call 01592 64 79 79 Monday to Friday between 08.30am and 4pm.

No drop-in consultations are currently available, but you may be eligible to arrange a video consultation.



If you have had a *positive pregnancy test and feel unable to continue with the pregnancy*, you can self-refer to Sexual Health Fife's abortion service by phoning 01592 64 33 55 and enter the extension 25445 when asked. This line is open between 8am and 4pm Monday to Friday.

The Fife Clinic will prioritize your call if you are under twenty years old or are experiencing certain circumstances. You can find the list of circumstances [here](#). When you call, ask for "ACORN" and they will prioritise your call.

# How do I book an appointment related to contraception?

For contraceptive coil or implant appointments in Fife, you can book them using the NHS online booking system NASH linked [here](#).



For contraceptive pills, contact your GP or local sexual health clinic. Prescriptions can likely be sent to a local pharmacy for you to collect.

For Depo Provera or Sayana Press injections, contact your GP. A prescription and postal supplies can be provided if you normally self-inject. However, a face-to-face appointment may not be possible currently. In that case, contact your GP to find out about your other contraceptive options. If you have not taken any contraception before but want to start, contact your GP to figure out what's the best option for you.





SEXPRESSION St Andrews

# Resources:

## Where to look for more information

- Sexual Health Fife
  - <https://www.sexualhealthfife.scot.nhs.uk/> or  
01592 64 79 79
- NHS Website (Sexual Health)
  - <https://www.nhs.uk/live-well/sexual-health/>
- Sexual Health Scotland
  - <https://www.sexualhealthscotland.co.uk/>  
0800 2244 88
- Hepatitis Scotland
  - <http://www.hepatitisscotland.org.uk/>
- NHS Highland Condom Demonstration
  - [https://www.youtube.com/watch?v=Rr2bahvJuOo&feature=emb\\_logo](https://www.youtube.com/watch?v=Rr2bahvJuOo&feature=emb_logo)
- Book an NHS Fife Sexual Health Appointment -
  - text the name of your town or village to 07890 586 392 to find your  
nearest centre and arrange an appointment (lines open Mon-Fri  
8:30- 4:30)

### Sexual health clinics:

St. Andrews, Cupar and Buckhaven (appointment only) - 01592 647979

Glenrothes (text for an appointment) - 07890 586392

Kirkcaldy (drop in) - 01592 647979