

The Health Department Can Help

If you have trouble telling any of your partners, just call us we can help. We can talk you through the process of telling one of your partners or we can go to the person and tell them for you. Your name will not be given to your partner by the Health Department. You can focus on your own emotional and health concerns. The Health Department will provide all of your partners with free, appropriate testing and treatment information.

This service is free
and available to all.

Just Call 239-7827



**For Free and Confidential STD/HIV Testing
and Hepatitis vaccination
C-U Public Health District
710 N. Neil, Champaign
217.352.7961**

**Tuesday 2-5:30 pm
Thursday 9-11 am; 1-3 pm**

**520 E. Wabash, Rantoul
893-0832
Monday 1-4:30 pm**

**C-U Public Health in Urbana
217 N. Broadway, Urbana
217.239.7827**

**For Free and Anonymous HIV Testing
By Appointment, ask for Karla**

**For Free Hepatitis Testing and Vaccine
(for qualified individuals)
By Appointment, Ask for Penny**

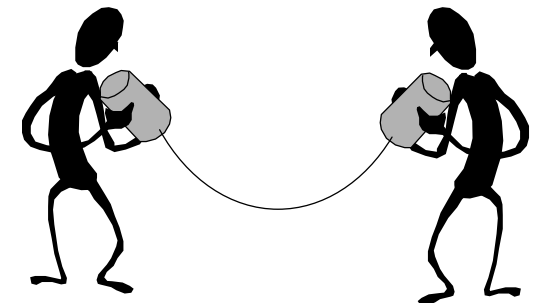
**All services are free and available
to everyone.**

**FREE CONDOMS AND OTHER RISK
REDUCTION SUPPLIES AVAILABLE**

**Champaign Urbana Public Health
710 N Neil
Champaign, IL 61820
Phone: 217.239.7827**

**CHAMPAIGN URBANA PUBLIC
HEALTH DISTRICT**

How do I tell my partners?



Start the conversation that stops the spread.

Why is it so important that I contact my sex partners?

Many people do **not** have symptoms of Sexually Transmitted Diseases (STD's). Without testing, they may never know that they are infected. If left untreated, STD's can cause infertility or other serious health complications.



If you have sex with your untreated partner, you will likely become **re-infected** and have to complete

your treatment again. Make sure you contact all of your sex partners (oral, anal, and vaginal) and **tell them how to get free treatment.**

Remember: It is hard to tell who has an STD. Safer Sex protects you!

Tips for telling your partners...

Be Honest: Give your partner(s) the facts. Explain that he/she must be treated too.

Blame does not help: Just say you have the STD and are concerned that your partner get medical help.

Maintain a positive attitude: Try to stay calm and present the facts clearly. If you act guilty or disgusted, your partner will probably react to these feelings.

Be sensitive to your partner's feelings: He or she may react with disbelief or anger. Try to be willing to listen.

Role play with your best friend or counselor: It may help to know what you will say and how your partner may respond so you can be prepared.

Decide who will be the easiest partner to tell and talk to them first.: This will give you practice for other partners that may be more difficult to talk to.

Always be safe: If you are concerned that your partner will be angry or try to hurt you, **do not tell him/her in person.** Call your partner on the phone, or ask your counselor at the STD Clinic to tell that person for you. **We can contact a person who lives out-of-town or even out-of-state. Your name will not be used.**

Make your sex SAFER!

Before you have sex, talk to your partner about disease prevention.

Agree to use condoms every time!

- Use a latex condom every time you have vaginal or anal sex (or a flavored condom for oral sex).
- Be prepared. Carry condoms with you.
- Don't use lotions, creams, or Vaseline® with latex condoms as they can break down the latex. Use a water-based lube like K-Y Jelly®.
- Limit your number of sex partners.
- Get tested for STD/HIV if you or your partner have had other partners.

Champaign Urbana Public Health
710 N Neil
Champaign, IL 61820
Phone: 217.239.7827