

## Anyone can be at risk:

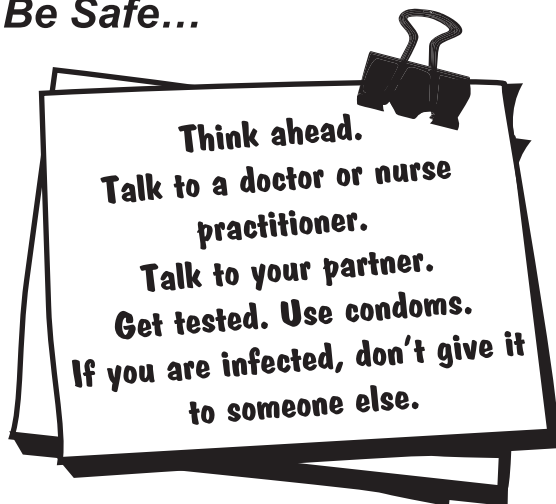
*Sex can be fun at any age  
BUT  
Age doesn't keep you safe.*

Anyone can have a **S**exually **T**ransmitted **I**nfection.

You can't tell by looking at someone if they have a **STI**.

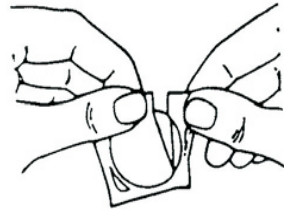
**Sometimes there are no symptoms.**

**Be Safe...**



## YOU may be at risk if:

You are having sex with a new partner and you are not using protection.



You or your partner had sex with other people in the past. You did not use protection every time.

Your partner is having sex with other people.

You or your partner share needles or equipment for drugs, body piercings, tattoos.

You share sex toys.

## Watch for Signs of STI:

Watch for changes around your sexual organs (privates) - **burning, new discharge, sores, itchy feeling, rash, swelling.** If you have any of these signs, see a doctor. You can be treated.

### Tips for safer sex :

- ✓ Talk to your partner **before** things get hot
- ✓ Learn how to use protection - condoms for intercourse, and oral dams (a piece of latex) for oral sex
- ✓ Don't use Vaseline (or any oil) with latex condoms
- ✓ Think about how sex fits with your overall health

*Met someone new?*

*Dating again?*

*On vacation and had a one-night stand?*

*Think your partner is cheating?*

You may be at risk for **S**exually **T**ransmitted **I**nfections (**STI**)

***STI means infections or diseases spread by sexual contact.***

Herpes, chlamydia, gonorrhea, HPV, and HIV/AIDS are some of the Sexually Transmitted Infections.

**Talk with your partner:**

You can say...

*“This is kind of embarrassing but before things go any further, we need to talk.”*

*“Did you know that more people our age are getting infections from sex?”*

*“This is hard for me to talk about, but here goes.”*

**Need to know more?**

[www.sexualityandu.ca/adults](http://www.sexualityandu.ca/adults)

Contact Public Health, a doctor, nurse practitioner, or health clinic.

Call a Sexual Health Centre in your area. Call 902 667-7500 for a N.S. list, or see [www.nssexualhealth.ca](http://www.nssexualhealth.ca)

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# Safe Sex over 50



***Thank you to the men and women “over 50” who helped create this pamphlet.***

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