

## **News release**

Friday January 13, 2012

For immediate release

### **Sex checks as part of New Year tick list**

People who have pressing questions about their parts are being urged to check out their sexual health and cross it off their New Year tick list.

The national Sexually Transmitted Infection Question Day (STIQ Day) happens each year to get people thinking about their sexual health and encourage more people to get regular sexual health checks. The NHS across Leicester, Leicestershire and Rutland is supporting the drive.

STIQ Day is held on Saturday January 14, a date chosen because many common STIs such as Chlamydia can take two weeks to detect. If someone has had unprotected sex over Christmas, signs and symptoms would be detectable now.

Dr Tim Davies, speaking on behalf of the Leicester, Leicestershire and Rutland PCT Cluster, said: "If your festive season included unprotected sex then you should be thinking about getting tested now. Regardless of how old you are, just one unprotected sexual encounter could have put you at risk of catching an STI.

"Even if you feel perfectly healthy you could still be infected. Getting routinely tested is the only way you can detect an infection. Some sexually transmitted infections have no symptoms and can lay undetected and cause long term serious complication.

"Getting a test shouldn't be embarrassing and we have facilities across the county and city where people can get checked out."

To find out where you can have a test locally, or to get a test sent to you, visit [www.havegotit.co.uk](http://www.havegotit.co.uk). For more information on Chlamydia testing, contraception and sexual health visit [www.nhs.uk/worhtalkingabout](http://www.nhs.uk/worhtalkingabout).

ENDS

**For interviews or more information please contact media officer Liz Thomas on 0116 295 7677 or [liz.thomas@leicestercity.nhs.uk](mailto:liz.thomas@leicestercity.nhs.uk).**

Notes to editor:

In October 2010 NHS Leicester City and NHS Leicestershire County and Rutland joined forces to form a 'cluster', in line with the requirements of the Department of Health. Although we share one Cluster Board and our staff work across the city and county boundaries, we have not legally merged, and retain our separate statutory duties. Together we serve a population of more than a million people. Cluster formation is an interim stage in the reform of the NHS, involving on-going transfer of most local commissioning functions to GP-led clinical commissioning groups, in line with the Health and Social Care Bill, now before Parliament and the House of Lords.