

# CANADIANS ARE STILL RELUCTANT TO GET TESTED FOR SEXUALLY TRANSMITTED AND BLOOD-BORNE INFECTIONS (STBBI)



## TAKE AN ACTIVE APPROACH TO STBBI TESTING

In 2018, **50%** of Canadians indicated that they **had never been tested** for STBBI

Why are Canadians not getting tested for STBBI?

- Fear of a positive result
- Stigma associated with STBBI
- No symptoms
- Do not see themselves as being at risk

Canadians also identified common reasons they might not reach out to their doctor or pharmacist.

- Stigma and fear of being judged
- Concerns over privacy
- Unsure if they would receive meaningful advice
- STI are difficult to talk about
- No established relationship with the healthcare provider

**59%** of Canadians believe that the **responsibility to request an STBBI test** is **shared equally between the patient and the healthcare provider**.

## HAVE THE CONVERSATION WITH YOUR PATIENTS

### Provide

- trauma-informed and culturally sensitive care
- confidentiality
- a sex-positive approach, free of judgement
- a safe and respectful space, free of stigma and discrimination
- information on risk factors

### Discuss

- routes of transmission
- benefits of early diagnosis
- prevention (including PrEP and PEP)
- ease of testing (often involving only a simple blood test)
- available testing and treatment options
- available pre- and post-test counselling



Learn more: Visit **Canada.ca** and search **SEXUAL HEALTH**

\*As reported in the Canadians' Awareness, Knowledge, and Attitudes Related to Sexually Transmitted and Blood-Borne Infections: 2018 Findings Report



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