

SAFER WORK

A Practical Guide to Support **Sex Workers**



Plano
APROXIMA®

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This guide aims to inform and enlighten sex workers about topics of interest and does not intend in any way to encourage, promote, or facilitate the practice of sex for commercial purposes or that does not result from a free and enlightened will.

The indication of the collaborating institutions was preceded by information to the same and their agreement to the inclusion in this Guide.

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INTRODUCTION

This Guide combines a set of tips, practical answers, and non-judgmental information on health, safety, and rights so that people who engage in sex work (SW) can feel increasingly included and work safely as full citizens, regardless of their career choices. There are also important tips for paid sex clients.

At Plano AproXima, we believe that this Guide should be seen as a dynamic group effort which can always be improved.

For this reason, we have collected and included in this Guide, the testimonies of several people who work in the sex industry and are experienced in this field, considering their personal experiences.

Groups such as Movimento de Trabalhadorxs do Sexo (MTS), an organization that represents and fights for the labour rights of sex workers (SW) in Portugal, as well as several institutions and associations that provide services to SW, have also participated.

The Guide is available in digital format so that you can consult and search various topics whenever you have doubts or questions. We want this useful tool to reach as many people as possible so that you can share it with colleagues or others. If you have any questions or need help, please contact us via WhatsApp (+351 911 753 640).

We are always open to suggestions. So, if you would

like to contribute with any suggestions or recommendations, just send an email to geral@planoaproxima.org

The inspiration for this Guide was the “Stepping Forward” booklet produced by the New Zealand collective NZPC (<https://www.nzpc.org.nz/>). NZPC - Aotearoa New Zealand Sex Workers’ Collective is a New Zealand umbrella organization run by sex workers for sex workers. This organization advocates for the rights, safety, health, and well-being of all sex workers. The Collective is a non-profit community-based organization that provides information and services to people involved in sex work.

Who we are

Plano AproXima is a social responsibility department of Classificados X that innovatively develops activities in the national landscape that have a positive social impact for all people involved in sex work, but also for civil society organizations that provide services to SW.

Collaborating Entities



GRUPO PARTILHA DE VIVÊNCIAS

Grupo Partilha de Vivências - Founded in 2017 in the city of Braga, this collective aims to find innovative social responses to help people in situations of vulnerability and social exclusion. Building partnerships to promote social inclusion against stigmatization and prejudice as obstacles to civil and human rights.

This collective aims to provide information and tools that contribute to the social inclusion of sex workers, as well as to reveal the different social responses and identify the vulnerabilities and constraints that hinder the creation of a life project.



MTS - Movimento dxs Trabalhadorxs do Sexo (Movimento dxs Trabalhadorxs do Sexo | <https://www.facebook.com/MovimentoTS> - Founded in 2018, MTS is a Portuguese organization that represents and fights for the labour, social, political and human rights of sex workers in Portugal. It is run and promoted exclusively by sex workers and former sex workers.

At the international level, MTS is a member of ESWA - the European Network of the Alliance for Sex Workers' Rights (<https://www.eswalliance.org/>). At the national level, it is a member of the Network on Sex Work – Rede Sobre Trabalho Sexual (RTS).

MTS promotes the defence and fight for the labour rights of sex workers in Portugal, the end of discrimination, stigmatization, and violence against sex workers, and the promotion of education, training, and information exchange on sex work. It is committed to the social, economic, and political empowerment of workers and their equal participation in all areas of decision-making.

MTS fights for the values of an inclusive, democratic, and pluralistic society; MTS' struggle is also for women's rights, LGBTQIAP+, anti-racist, and internationalist, as well as the labour rights of all workers, especially those in informal employment.

MANAS



G.A.M.E.M. - Grupo de Apoio Mútuo Entre Mulheres, is a group of about 45 women and non-binary people who use drugs, mostly sex workers in the street context, who meet regularly at Intendente in Lisbon, in a safe space - manasafterspace (<https://www.instagram.com/manasafterspace/>).

GAMEM complement the knowledge with their experiences of drug use and sex work on the street, under the most precarious conditions. Manasafterspace is “a safe space, open 24 hours a day, for and by women and non-binary people who survive violence.” In their own words, GAMEM defines itself as: “... A collective of women and non-binary people who use drugs. We meet every week in a space of tolerance and diversity and also want to be a space of respect and non-formal education. Most of us are also sex workers and still live on the streets or in squats. Some of us are also migrants and racialized and have insecure jobs and/or difficulties accessing health care, especially sexual and reproductive health care.”



Carmo Gê Pereira

(*Carmo Gê Pereira* | *Facebook*) or (Carmo Gê Pereira - Educação Sexual+, Aconselhamento, Consultoria, Loja (www.carmogepereira.pt)), is a counsellor for MTS and provides sex education for adults as well as sex counselling services.

Other services offered are:

- Training for sex stores and retailers of erotic items and sex toys;
- Training for health professionals.

Carmo Gê Pereira has professional/specialized clinical and technical knowledge that complements the information in this guide on sexual practices, sexually transmitted infections, safety, and consent issues, and more generally on the different dimensions of sexual health.

PERVERSA PRESS

A Perversa Press (Perversa Press (@*perversapress*) • fotos e vídeos do Instagram) - it is promoted by two MTS allies - Carmo Gê Pereira and Catarina Querido (owner of *Anjos70*). Perversa Press is the organizer of Naughty Weekend: (Mercado Maroto: Arts and Sexualities) and issues free publications. Perversa Press is responsible for the distribution/availability in places and contexts of sex work for the paper edition and fanzine format of SAFER WORK a Practical Guide to Support Sex Workers



What is Sex Work?

“Sex work is an income-generating activity and can be defined as the consensual and voluntary exchange of sexual services for money and/or goods (or other) between two consenting adults.”

This concept is used by the main international and national organizations in health and human rights’ fields (including the United Nations, Amnesty International, or the Portuguese Directorate-General of Health), and especially by the main sex workers’ associations around the world.

Who are sex workers?

“Sex worker” is a term used to describe any adult, self-determined person who sells or exchanges sexual services for material resources or profits. Such earnings include money, food, shelter, or any other necessity.

The term “sex worker” includes:

- Sex workers who work outdoors, in hotels, brothels, apartments or houses;
- Strippers and erotic dancers;
- Employees in massage rooms and/or saunas;
- Erotic masseurs;

- Pornographic actors/actresses/performers;
- Webcammers and telephone sex operators.

We believe it is important to distinguish between sex work, “a consensual and voluntary exchange of sexual services for money”, and human trafficking for sexual exploitation, in which people are recruited and forced into the sex industry against their will through fraud, coercion, or force. This is a crime that falls under the Portuguese Penal Code and is a violation of human rights. Some of the civil society organizations and public institutions working with people involved in sex work train their teams to also work in the areas of prevention, awareness, and reporting of cases of trafficking in this sector. These institutions also work with shelter homes and specialized protection facilities to combat human trafficking.

Know your rights

Sex work is a phenomenon that exists all over the world, with no social or legal consensus in most countries. Portugal is no exception.

Over the years, many legal solutions have been adopted in Portugal, from prohibition to

abolition models. However, none of these solutions guarantee the rights and obligations of workers or the necessary conditions for people who want to leave sex work or work in other professions.

Currently, the legal framework of sex work is a void in which the person who performs sex work is considered a victim and the activity is criminalized when it is considered pimping or pandering, where an external intermediary (“pimp”) collects part, or all of the money earned by the sex worker.

In any case, sex work is not a crime in Portugal. If you are of legal age, no one can arrest you for sex work and no one has the right to threaten, coerce, blackmail, or extort you for doing sex work or to force you into doing it.

The non-regulation of sex work can have an impact on people who engage in sex work because they can't pay taxes and therefore don't benefit from social benefits such as paid leave, sick or parental leave, or organizing their own money, to name just a few examples.

With this guide, we want everyone to feel included. For this reason, we have opted for inclusive language and topics that embrace the diversity of bodies and identities.



TIPS FOR SEX WORKERS

Regardless of whether you've only recently started working as a sex worker or have been working for some time, it's important that you are aware of the risks and seek information from other people who are familiar with sex work and colleagues. People who already

work in this field are best informed and can help you.

You can also contact the various associations and outreach projects that can help you with health issues, prevention material, and free and confidential testing for sexually transmitted infections - STIs.

#WORK TIPS

- Always use your prevention material (condoms and other barriers made of latex or nitrile, lubricants, alcohol gel, gloves, or masks);
- Keep a list of important associations and emergency numbers;
- Maintain a good relationship with others, whether in person or online;
- Organize lists of dangerous or problematic clients with colleagues;
- Avoid isolation;
- Respect your rhythm and rest whenever necessary and possible.

How can you fight fatigue?

Time management is a very personal matter. Everyone has their priorities and manages their time in the best way.

There are times with more or less work, but you shouldn't work to the point of exhaustion. Respect your breaks and take time for yourself to be with the people who are important to you (family, significant other, and friends).

If you work abroad, try to set aside some time each year to travel and visit your loved ones and family. This is important to maintain and nurture your mental health. If you can't schedule breaks or don't have the money to take vacations and travel, at least try to stay in touch with those close to you via social media or video calling and make time for them.

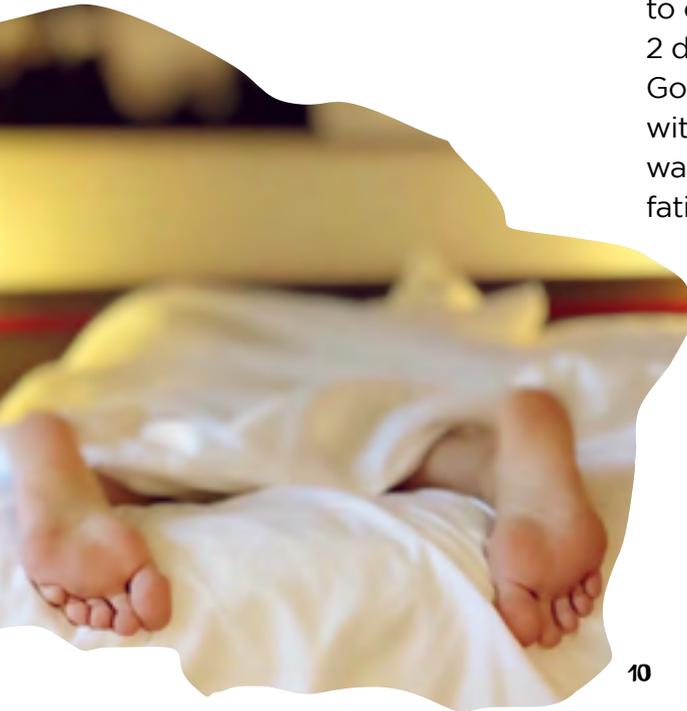
If you work in different cities for short periods or are in a phase of hard work where you can't rest, try

#TESTIMONY

“ This work can be hard sometimes. Take time to be with your children, your mother, your father, your grandparents, your pet, or your partner. Someone you can share moments of love with. Someone with whom you can reconnect with your roots! ”

to counteract this by taking 1 or 2 days to do something you like. Going to the movies, meeting up with trusted friends, or taking a walk in the park can help you fight fatigue and replenish your energy.

Remember that when you reach an extreme level of tiredness, it can be difficult to even answer the phone.



Kissing, yes or no?

The mouth is a sensitive area and the exchange of saliva can lead to infections. Never feel obligated to kiss customers in the mouth.

even during the infection period.

Remember that you have the right to demand good customer hygiene. Also, you can refuse service at any time if you feel you are being disrespected.

TESTIMONY

“ It depends on the client and the feeling you have with them. You need to know if the client is healthy and has good oral hygiene. If you don't want to kiss, don't kiss. Make it very clear in the negotiation phase what you are, or are not willing to do. ”

Kissing does not transmit the human immunodeficiency virus (HIV), even if there are lesions in the mouth, as the viral load in saliva is not sufficient. However, there are many other contagious infections (herpes, gonorrhoea, syphilis, influenza, Covid-19, tuberculosis, etc.) that you should protect yourself from.

The final decision is up to you! But always remember to check the client's whole body for small lesions, warts, sores, and pimples, because many STIs show no visible signs,



Personal safety

Your intuition is important. You should trust your judgment because there are many techniques you can use to protect yourself, but they may not work with all customers or in every situation.

Even with regular customers, it's important that you:

- Be vigilant and pay attention to details;
- Don't reveal information about yourself or your colleagues, such as your real name, address, and other details of your private life;
- If possible and if hostility increases the danger, avoid hostility to maintain control of the situation;

- Negotiate in advance to avoid misunderstandings;
- Establish, from the beginning, the safety rules regarding sexual practices.

Define your boundaries and what you're willing to do when it comes to sexual practices, such as: Kissing or not, where you can touch or be touched, how long the service will last, and more.

You have the right to say no at any time, even to what has already been agreed in advance! Consent is not permanent.

If you feel uncomfortable or threatened in any way, you can follow your instincts and analyse how best to behave in the situation.

INDOOR

Even if you work alone, it's better to give the impression that you have people at home or colleagues.

If possible, keep an emergency phone in another room that is not accessible to customers.

Once you've received the money, don't keep it in a visible place.

Keep valuables hidden or in another room.

Avoid leaving customers alone in the house.

Don't keep sharp or piercing objects in the house.

STREET

Keep close to you all the necessary materials to work (condoms, lubricants, gloves, mobile phone, among others).

If you work at night, always carry a flashlight with you.

Use an audible alarm for emergencies.

Always keep your phone charged or keep an extra battery.

Avoid being isolated. Stay close to other workers.

Talk to your colleagues and take note of the license plate number, colour, or model of the car you get into or when a colleague gets into a car.

Don't get into a car with more than 1 person.

In vans, check whether there is anyone else in the back seats and whether there are any weapons or other dangerous objects there.

HOTEL OR PRIVATE HOME

Write down the client's name, address, and phone number and, if possible, share information with trusted colleagues.

Avoid the client's home or your own. If possible, opt for the alternative of a rented room where you're not alone and can better control the situation. If this is not possible, a room where you are accompanied by colleagues or where you have colleagues/friends nearby is also safer than the customer's home, where there may be risks, e.g. more people waiting than the client expected.

When you arrive at the scene, check the emergency exits and make sure you don't hear more than one voice at the entrance to the hotel room.

Call a friend and give them the address and name of the hotel.

Share your real-time location on WhatsApp.

You can hint that a person is waiting in the car for emergencies.

Avoid drinking alcohol or using other drugs before the service or with a client. Ideally, you should be in complete control of the situation.

#TESTIMONY

“ I always call a friend when I arrive at the hotel telling I've arrived safely, the name of the hotel, and when it's over, I call again. I do that right in front of the client. ”

If you're working on the street or in an apartment, you should not wear earrings, necklaces, or other objects that could be used against you.

You can buy personal audible alarms online for emergencies.

Do you need expert legal advice and/or social and/or psychological attention?

Several centres and associations can help you. We have the contacts at the *end of the Guide* but also on our website: www.planoaproxima.org

If you need help, call us at +351 911 753 640, and you will have access to the information you need or we will refer you to a specific service that answers to your needs.

Dealing with a violent situation

Like all workers, sex workers have the right to feel safe at work.

A victim cannot change the behaviour of the aggressor, nor is he or she responsible for the aggressor's behaviour. For this reason, it's important to get out of the violent situation as quickly as possible and ask for help.

Sex workers are more often exposed to situations of threat, rape, or theft and often don't report this for fear of retaliation, devaluation by the authorities, or, in the case of irregular migrants, fear of deportation. Remember that violence is not part of this or any other job, so you have the same rights as everyone else.

There are different types of violence:

- Physical violence (any kind of bodily harm, against yourself or another person, kidnapping, medical intervention, or treatment without consent);
- Psychological/emotional violence (shouting, insults, defamation, accusations of inferiority, blame to cause suffering and intimidation);
- Sexual violence (forced or unforced sex, and other sexual practices, without the victim's consent);
- Financial violence (appropriation or control of the money or assets of a partner, friend, or colleague);
- Social violence (controlling a person's social life by isolating them from family and friends).

#DID YOU KNOW THAT

in some countries there are criminal convictions for secretly removing or deliberately damaging a condom without consent during sex? This practice of violation is widespread and is called "stealthling". Removing the condom without the victim's knowledge is a violation of consent, and any "sex" afterwards is rape.

We advise you to use your condom to prevent the client from using perforated or expired condoms. If you're suspicious of the client's intentions, try to put yourself in a position where you can control the client's movements and see if the condom stays on.

If you find yourself in a violent situation, do not hesitate to seek help to ensure your safety and to help you report the situation you've experienced.

You can report any crime in which you were a victim, regardless of your status in the country.

Even if you find yourself in an irregular situation, remember that you have the right to approach the authorities and seek protection. The police are responsible for ensuring your safety. If you're concerned about worsening your migratory situation, it's advisable to reach out to a victim support or migrant support association for assistance instead of going directly to the police alone.

When filing a complaint with the authorities, it's crucial to gather evidence to support your case. Here are some suggestions that can help you:

1. It's advisable to visit the Criminal Investigation Police (Polícia Judiciária) and request to speak with the inspector currently on duty or visit the Public Prosecutor's Office. These institutions are less likely to undervalue or hinder the process of filing a complaint.
2. If possible, choose a reputable institution to officially lodge your

complaint, preferably with a trusted individual who can act as a witness to the entire complaint procedure and any unnecessary obstacles that may arise. If there are witnesses to the crime you wish to report, it's vital to involve them or at least gather their information and contact details to include in the complaint.

3. To file a complaint, gather as much evidence as possible, such as testimonies, written or recorded messages, physical evidence, or any other relevant proof. Explicitly threatening written or recorded messages can be considered solid evidence.
4. If you have experienced physical or sexual assault, it's important to promptly request a referral to the Institute of Forensic Medicine for an examination that documents and records all physical consequences.

If you become aware of a colleague being abused, it's crucial to offer assistance. Remember, violence is a crime and domestic violence is a public offense. This means that authorities can act and initiate an investigation based on a complaint or knowledge of the crime, even if the victim does not file a complaint. Nonetheless, ensure your safety before taking any action.

Emergency contacts

-  **144** - National Social Emergency Line - LNES (24 hours/day)
-  **116 006** - APAV -Victim Support Line (Monday to Friday from 9 am to 9 pm)
-  **112** National Emergency/Public Security Police
-  **800 202 148** - Domestic Violence Information Service (SIVVD)
-  **218 106 191** - Migrant helpline
-  **213 217 000** - GNR (National Republican Guard)



Dressing safety tips

To ensure your safety, it's important to avoid wearing anything that could be used against you. Here are some things to keep in mind:

- Avoid clothing items that restrict your movement or make it difficult for you to run.
- If you have long hair, consider tying it up or wearing a wig to prevent it from being grabbed.
- Avoid wearing large earrings, thick necklaces, scarves, or shawls around your neck, as these can be used to choke or restrain you.
- It's best to avoid using real handcuffs that could be used against you.
- Refrain from carrying objects meant for self-defence, such as knives or sharp objects, as these can also be used against you in an attack.

Alcohol and other drugs. What are the risks?

In the sex work industry, like in any other part of society, drugs are present. People may use drugs for various reasons, such as recreational purposes or to cope with work pressure. At times, clients may even insist on it. However, it's important to remember that sex workers deserve fair working conditions and access to basic human rights, regardless of their choices. Some argue against the assumption that substance abuse weakens their guard and diminishes the workers' ability to negotiate. Instead, factors like vulnerability and the need for protection make them feel more exposed to aggression or robbery, particularly in precarious environments like boarding houses and the streets. To ensure the safety of sex workers, the focus should be on addressing the most vulnerable contexts rather than on their substance use.

***Information obtained after consultation with the MANAS-GAT Group*

In any case, it's important to manage your consumption while working and avoid losing conscience. So, make sure to stay hydrated and refrain from mixing substances. Also, it's best to purchase your substances rather than consuming products from customers or sources with unknown origins.

Many sex workers are only able to work under the influence of substances (whether depressants or stimulants), "like anyone else who uses benzodiazepines in their daily life". Stimulants are often used by workers or clients as they boost libido and allow for extended periods of work.

However, substance use can make individuals more susceptible to coercion. Women who use drugs are particularly vulnerable to sexual assault by clients and are also more likely to experience other types of gender-based violence by authorities. To avoid more complicated situations, individuals who use substances may need to emphasize the importance of clear and defined negotiations more frequently.

TESTIMONY

“Our profession is not regulated “ - it’s a job - we make money or whatever we want, but we need that regulation to defend ourselves. The problem is not the substances, but the growing vulnerability and exposure to aggression that we are all subjected to by customers.”

The client

The key point regarding workers who consume substances is the importance of focusing on the client. It’s crucial to consider the type of customer and their level of intoxication. If you notice a client who is highly distressed and under the influence of alcohol or drugs, it’s better to cancel the service.

Similarly to any profession, the use of psychoactive substances can pose risks. These risks may include increased vulnerability, lowered inhibition, and engaging in unsafe practices like unprotected sex.

Some individuals involved in sex work and who acknowledge substance use don’t have access

to a phone, which can leave them feeling unprotected. To address this concern, they suggest establishing a toll-free helpline exclusively for sex workers. This helpline would enable them to make calls from anywhere, even using pagers or similar devices commonly available in other countries.

TESTIMONY

“ To work in sex work, you must be prepared, but it does not imply knowing the name of the client and, for those who don’t have a telephone, it’s not possible to safeguard their protection and to be helped by friends. When possible, we safeguard each other in a work context.”

TIPS

FOR WORKING WITH YOUR PERIOD

Working during the menstrual period is something that many people must deal with. It may be simple for some, but for others, it can be uncomfortable. Remember that no one has the right to pressure you into working if you don't feel comfortable. Your mental and physical well-being should always be prioritized.

Adapt your work rhythm

If you experience severe pain and heavy bleeding during your menstrual cycle, it's recommended to take a few days off work. If that's not possible, try adjusting your work schedule to accommodate your needs and reduce the number of appointments during this time. Additionally, consider scheduling appointments that don't involve vaginal intercourse to ensure maximum comfort.

#IT'S ALWAYS IMPORTANT

to respect your body and mind and maintain your health.

Menstrual sponges

The use of sponges is a common way to control blood flow. The blood is absorbed and becomes almost invisible. The sponges can be inserted into the vagina up to 8 hours before the appointment. After a maximum of 8 hours, you need to discard or change the sponge.

- Body cleansing or house cleaning sponges shouldn't be used because they cause serious infections. The indicated sponges should be sterile, lubricated, and ideally organic.

You should take the following precautions when using the sponge:



Example of a reusable organic sponge.

- Always remember to remove the sponge;
- Use one sponge for each shift or workday;
- Always wash your hands before and after putting the sponge on;

- Increase the use of lubricant during menstrual period;
- Insert the sponge while squatting or sitting;
- At the end of each appointment, carefully remove the sponge and clean it using 1 or 2 fingers. To avoid scratching the vaginal walls, exercise caution with your nails. You can use latex or nitrile gloves to help you remove the sponge without hurting yourself;
- Rinse the sponge thoroughly with running water, then squeeze to eliminate any



Example of a non-reusable synthetic sponge.

- liquid. Most sponges can be reused for up to 8 hours maximum;
- If you have another customer, insert the sponge before their arrival.

Do you have trouble removing the sponge? Try these tips:

- First, stay calm and take a deep breath. The more tense you are, the tighter your vaginal muscles will become.
- Squat on the floor or toilet, relax your back and tilt it slightly backward. In this position, push your hips forward so that the vaginal canal is straighter and not curved and you can remove the sponge more easily. Try to expel the sponge slowly and with small pelvic contractions. Breathe and relax between each contraction.
- If this does not work, try removing the sponge in different positions, e.g. with one leg up or with your upper body further forward.
- If the sponge remains in the vaginal canal, try relaxing in a tub of water. This will cause the sponge to absorb water, making it heavier and easier to remove. With the help of gravity and the pressure of your muscles, the sponge will eventually come loose. If you don't have a bathtub, try the same with a bidet or basin.
- Avoid inserting the shower head into the vagina because it can cause sores and infections.
- If the sponge does not come off even after these techniques, you should go to the emergency room to have it removed by a gynaecologist. Leaving the sponge in the vagina for hours or days increases the risk of infection or even toxic shock syndrome.

#TOXIC SHOCK SYNDROME

is a group of severe and rapidly evolving symptoms that include fever, rash, very low blood pressure, and multi-organ failure.

It's caused by toxins produced by bacteria. Using tampons or absorbents, or having an infection caused by *Staphylococcus aureus* or group A streptococci increases the risk of toxic shock syndrome.

Diaphragm

A diaphragm is not only a contraceptive, but can also be used as an effective alternative to sponges. The diaphragm is a non-hormonal barrier method of contraception that consists of a silicone disc.

This small disc is inserted into the vaginal canal and covers the cervix. This allows you to retain your menstrual flow while you work. Consult a gynaecologist to purchase the diaphragm and find out which size suits you best.

With practice, you will get to know your body and you will find it easier to insert and remove the diaphragm.

This option is safer than sponges because:

- It does not absorb the natural fluids of the vagina and therefore causes less irritation and infections.

- It doesn't get stuck inside the vagina and is easier to pull out once you get the hang of it.
- The diaphragm can last up to 3 years.
- Just like the sponge, you should insert the diaphragm before sexual intercourse and remove it immediately after so that the blood is not retained in the uterus. After each use, you must clean it with soap and water and store it in the transport box.



Example of a diaphragm

Other Strategies

During menstruation, many female workers try to use black or red condoms to better conceal the blood loss. If the client withdraws his penis, you can use a handkerchief to wipe away the leaked blood.

Using an internal condom can also be a good alternative as it works a bit like a tampon and prevents the blood from leaking out. You just need to remember that the internal condom will no longer contain blood when you take it off. So, you should be in a place where you can take care of your hygiene.

One way to avoid menstruation is the continuous use of hormonal contraceptives such as the pill, the ring, or the patch. This method is effective if the aim is to stop menstruating for a short period. The pills used must be monophasic. Otherwise, some pills do not contain oestrogen or progesterone, which can lead to blood loss.

In any case, you should carry out a risk assessment together with your doctor to find out which is the best option.





SEXUAL HEALTH

Health contributes to quality of life and physical, mental, and social well-being. For people who do sex work, it's important to pay attention to several points, such as the prevention of STIs, screenings, mental health, and prevention of violence.

Condoms

Condoms can be external or internal condoms. The most important thing is that you always have a complete kit with the necessary materials while you work. Although it is more common to use an external condom, the internal condom may be better when you want to cover a larger genital/anal area to protect from infections such

as HPV (Human Papilloma Virus) and herpes in oral intercourse.

Here are some tips:

- In anal sex, you must use an extra-strong condom, more lubricated, because the anal area does not have natural lubrication, making normal condoms break more easily. The use of thin or extra-fine condoms is strongly discouraged.
- In vaginal or anal sex, it is recommended that you don't use flavour condoms, because they can create irritation in these areas.
- Always check the expiration

date and condition of the packaging.

- Remove the condom immediately after ejaculation to prevent the penis from becoming too soft and the condom from slipping. Ideally, you should hold the base of the condom when removing it to ensure that the condom does not stay inside you or the client.

The inner condom:

- It can be placed up to 8 hours before sexual intercourse.
- It covers a larger external genital area and provides greater protection during oral sex.
- It can be used during menstruation, as well as serving as a “brake” for menstrual blood.

IMPORTANT:

To remove the condom without touching the fluids, start at the bottom, and use a tissue to push the condom up and out. At the same time use another tissue to clean the penis when the condom comes off. Wrap the condom in a wipe or paper and dispose of it in a trash can.



Negotiation of condom use

Most sex workers are sexual health educators and capable of sharing their knowledge with clients.

On many occasions, sex workers deal with ignorance and reluctance to use condoms or other forms of protection, such as dental dams.

In addition to explaining the importance of using protection, you should explain that you're not willing to take risks with your health, and this is a sign that the client can trust you and be safe.

With difficult clients, there are a few techniques you can use, such as offering to put the condom on. When the negotiation of condom use fails, you can offer other types of services that don't involve fluid exchange, such as erotic massage or masturbation.

Lubricants

The use of lubricant is extremely important because it reduces friction and decreases the risk of the condom breaking.

Water-based lubricants are the most recommended, but you should pay attention to their composition. Use water-based lubricants, but without glycerine, because they are the most recommended for penetrative vaginal practices. For anal practices, latex-compatible silicone lubricant is the most recommended.

Fatty lubricants such as petroleum jelly, massage oils, and moisturizing creams or lotions heat the latex and can compromise the effectiveness of the condom.

Anal sex is one of the riskiest practices because it is an area without natural lubrication. In anal intercourse, lubricant is a must. Not using lubricant in this sexual practice makes intercourse less comfortable (or even painful), and increases the risk of the condom breaking. It's important to remember that anal practice is the practice with the highest risks in the transmission of infections.



TIP 1

Never use 2 condoms at the same time. Friction can cause them to burst!

TIP 2

When switching from anal to vaginal or oral and vice versa, don't use the same condom, to avoid cross-infection.

Dental dam

Latex bands/dental dams are rectangles made of latex that are used to protect the vagina and/or anus during oral sex. They are also effective when held in place by a garter belt or briefs with an opening in the practice of tribadism/scissoring/genital contact between 2 vulvas. The tapes act as a barrier between the mouth and the vagina and/or anus, preventing the transmission of infections such as herpes, HPV, chlamydia, and gonorrhoea.



What to do when the condom breaks

What to do if the condom breaks?

If the condom breaks or slips off, you are exposed to various infections or an unwanted pregnancy.

- Do not wash the genital, anal, or mouth area immediately. Although this is a common attitude, the water jet can leave wounds in the vaginal or anal mucosa, making it easier for microorganisms to enter your body and cause infections.
- Avoid brushing your mouth and teeth, as this can cause cuts in your gums, allowing bacteria or viruses to enter your body.

If a condom breaks, you should go to the nearest testing centre or emergency hospital as soon as possible, but no later than 48 to 72 hours. At these locations, you can be screened for sexually transmitted diseases and get post-exposure prophylaxis (PEP) or emergency contraception, if needed. You must consider the window period for each IST.

PrEP and PPE

PEP (Post-Exposure Prophylaxis) is an emergency antiretroviral medication which can be taken by people who had possible contact with HIV in situations such as sex without a condom or when the condom breaks. To be effective, PEP must be started immediately after the risk situation, up to a maximum of 72 hours, and for 28 days. To access this medication, you should go to an emergency hospital near you.

PrEP (pre-exposure prophylaxis) – is the preventive use of medication before contracting HIV. This way, a person's chances of contracting the virus are reduced.

Unlike PEP, PrEP is not an emergency prevention measure. It should be taken by people at high risk of infection after a risk assessment by an infectious disease physician.



Regular checkups

You must get regular health checkups, but the decision on how often you should have them is yours.

Talk to your doctor about all your doubts.

As a form of guidance, we made a checklist with the times and examples of sample collection.

When you have a high-risk contact or symptoms, test for:

- Chlamydia – swab;
- Gardnerella – swab;
- Genital warts – examination;
- Genital herpes - swab from a sore;
- Gonorrhoea – urine sample, genital sample, and throat swab;
- Trichomoniasis – urine sample, smear.

Every three months or when you have a high-risk contact, test for:

- HIV;
- Hepatitis B;
- Syphilis;

- Hepatitis C, if applicable, history of substance use, risk of exposure to blood, or use of unprotected or non-disinfected sex toys.

In every 12 months:

- Pap smear;
- Breast self-examination;

Where to go for a checkup

Talk to your private doctor. If you have a family doctor, ask him/her regularly for the exams described above.

Search the Plano AproXima website to find where you can get scheduled free and confidential STI testing.



Safer sex for trans people

In this guide, we use the word “trans” to include transgender, transsexual, genderqueer, non-binary, trans women, trans men, transvestite*, agender, and other designations. We want everyone to feel represented and include all identities and bodies that are part of the trans community.

**The term transvestite has a different meaning in Portugal-insult and Brazil-identity*

Some transgender people feel the need to have surgery or take hormones to adjust their appearance to their desired shape, while others do not. Hormones can change the way the body responds to touch and sexual stimulation.

It’s important to remember that needles and other injection devices can spread STI’s like hepatitis C. Therefore, it’s essential to use sterile materials when administering hormones. Needles must be sterile and should not be shared.

Whether you’ve had gender reassignment surgery or not, using condoms is the best protection against sexually transmitted infections. Use a new condom with each partner, and never use the same condom for anal and vaginal sex.

Oestrogen & Blockers

Many hormones, such as androgen or oestrogen blockers, can reduce sexual desire, reduce erections, and reduce sperm production. If you take hormones, you may need to incorporate new sexual interactions into your work.

Although the likelihood of a transgender woman getting someone pregnant decreases over time, it’s not impossible. Therefore, birth control methods should be used when having sex with someone who has a uterus, open fallopian tubes, and ovarian production.

Testosterone

These hormones can cause increased sex drive and stronger orgasms, however, there is a decrease in genital lubrication. It is especially important to use lubricant to prevent the condom from breaking and to avoid STIs.

Testosterone can also cause menstruation to become irregular, but still, there is a possibility of trans men getting pregnant when the uterus and/or ovaries have not been removed, nor the fallopian tubes blocked, so you should use a contraceptive method, preferably non-hormonal if you don’t want to get pregnant.

Surgery

After a surgical procedure, it is important to increase protection because unhealed skin can facilitate the acquisition or transmission of HIV and other infections (the skin, if not fully healed, is a gateway for viruses, bacteria, and other infectious agents to enter your body). It's important to talk to a doctor to understand what activities you can engage in.

Many people with surgically created vaginas need to use water-based or silicone lubricants for penetrative sex, as these make sex more comfortable and prevent chafing. It's important to experiment with positions that are comfortable, as surgically created vaginas are not as elastic.

After vaginoplasty, your doctor may advise you to wait up to 2 years before engaging in activities such as anal sex and anal fisting to avoid fissures and other complications. After surgery, the anus and vagina may become sensitive. Until your genital area has recovered, you should be a little careful during sexual intercourse.

At first, it's advisable to use dilators an hour or two before sex to help prevent pain or tightness.

People who undergo metoidioplasty or phalloplasty produce more fluid during sex. When using an external condom, make sure there is room for the fluid. If the condom doesn't get securely attached to the base, you can use a ring to keep the condom in place.

Safety

Whether it's a casual relationship, life partners, or transactional sex, trans people have to deal with safety issues. Intimate partner violence, which includes sexual violence, is a serious problem for trans people and their communities. Using force, guilt, blackmail, or fear to make a partner do something sexually are examples of intimate partner violence. In these situations, you should talk to trusted people and contact an entity that can help you.

Infections – Myths and doubts

Only people with several sexual partners get STIs?

NO! STIs are transmitted through anal, vaginal, or oral sex without a condom, or through sharing unsterilized sex toys. The number

of partners or the frequency with which you have sex presents a risk if intercourse is not protected and condoms are not used correctly.

Sex workers are more infected?

NO! People who do sex work may have more partners, but that doesn't mean they're more infected. SW must protect themselves in all sexual practices and are informed about what to do if they have an accident at work. In this way, they minimize the chances of being infected by an STI.

Only cis men who have sex with cis men get HIV?

NO! It is sexual practices (such as anal sex) that pose the greatest risk, not people or their sexual orientation. Anal sex is the practice with the highest risk of contracting the infection because it's a sensitive, poorly lubricated, and porous area, which allows the virus to enter quickly. The passive person (recipient) is always more at risk.

Anyone who is sexually active and does not protect their relationships can get infections.

Is HIV only transmitted through sex?

NO! HIV can be transmitted through sexual intercourse, but not only. Infection can occur through the sharing of needles and other practices that involve contact with infected blood. Blood transfusions also pose a risk of transmission, although there are increasingly efficient screening techniques for detecting infections.

Does oral sex have risks?

YES! Many infections such as syphilis, herpes, gonorrhoea, HPV, trichomoniasis, and chlamydia can be transmitted through oral sex. These infections can pass from the mouth to the vagina, penis, or anus, but also the other way around. Although there is less risk, HIV can also be transmitted orally, if there is a wound that allows the virus to enter the lining of the mouth.

Those who give, or receive, oral sex (genital or anal) should always protect themselves by using a protective barrier, such as a condom on the penis or vagina and a latex band on the vulva or anus.

Should I use a condom for anal sex?

YES! The anal area is very vascularized and sensitive. Friction can cause small lesions that increase the risk of infection. The use of condoms and lubricants decreases friction and prevents infection by HIV and other STIs.

When I have anal sex, should I use a numbing lube to avoid pain?

NO! Anesthetizing gels takes away the pain, but the pain is an important sign and can have a preventive function. Pain can be a warning for a possible injury during anal sex. Instead of anesthetizing gel or cream, use a denser and viscous lubricating gel, preferably a compatible silicone latex-based.

I'm on my period. Can I have sex without a condom?

NO! Menstrual blood also has a viral load and can transmit HIV, hepatitis B and C, therefore menstrual blood does not prevent the transmission of STIs, and although the risk is lower, there is a risk of pregnancy. The condom should be used even with the period.

Can I get infected with HIV with a mosquito bite?

NO! HIV cannot be transmitted through the bite of mosquitoes or other animals, nor through water, saliva, tears, sweat, sharing food, drinks or cutlery, or toilets.

I sat on a public toilet. Can I get herpes?

NO! Catching herpes requires direct contact between thin tissues (vagina, penis, mouth, eyes, or pharynx) and sores caused by herpes, saliva, or infected genital secretions. Herpes is not transmitted indirectly, i.e. in contact with doorknobs, seats, glasses, lipsticks, towels, or sheets.

When receiving a client, it's important to do a visual inspection of the entire body to notice if there are any blisters or sores. If there is any risk, a condom is always the best option. Also, if there is no trust in the client, the service can always be refused.

Is it possible to tell if a person is infected with HIV by their appearance?

NO! It's impossible to tell if someone has HIV just by appearance. An infected person may not have any visible symptoms of infection. The only way to identify the infection is through a blood test.

Do condoms prevent all STIs?

NO! Condoms, when used correctly, are effective in preventing STIs transmitted by body fluids because they act as a barrier.

Condoms are effective in protecting against contact-borne infections (such as HPV or herpes) when they cover the entire infected area. There are areas, such as the pubic area, which are not covered by the condom and can be infected without any signs of infection.

In situations where you can't refuse a client, one solution is to use the internal condom because it covers a larger area. It is not the ideal situation because, with the movements, the condom can be displaced. Ideally, whenever there are signs of infection, avoid contact.

Does washing the genitals after intercourse prevent STIs and pregnancy?

NO! Daily hygiene is important, but it's not effective in preventing STIs.

Many people believe that vaginal/anal showering removes sperm, preventing infections and pregnancy. However, internal washes do not prevent unwanted pregnancy and can even increase the risk of infections. The soaps or antiseptics used in internal washing, when used in excess, alter the natural flora of the vagina and make the mucosa more sensitive. Disinfecting the genitals or mouth with alcohol does not prevent the transmission of STIs. In addition to being false, the contact of alcohol with these sensitive areas and, in general, with mucous membranes, can cause burning and even lesions that can be a gateway for bacteria, fungi, and viruses.

A client showed me a recent negative HIV test. Can I have sex without protection?

NO! There is a period, called the window period, in which the person can be infected without the infection being detected by screening. This period corresponds to the time that goes from the time the virus enters the body until antibodies are developed that can be detected by tests. This period can last up to 12 weeks.

Can natural medicines cure HIV?

NO! Some people choose to take natural medicines and herbs that promise to cure the infection, but these alternative medicines do not cure HIV.

Some natural medicines can strengthen the immune system, but they can also have side effects and alter the effectiveness of antiretrovirals. They should be taken with medical knowledge.

To this day HIV has no cure. Treatment for HIV consists of taking antiretrovirals that can make the load undetectable and transmission null, but the virus remains in the body.

I have HIV. Can I have unprotected sex?

NO! People with HIV should have protected sex because they have weaker immune systems and are at higher risk of catching other infections. In addition to being able to infect other people with the virus, they can be infected with different HIV strains.

Infected people taking antiretroviral medication can reach an undetectable viral load. This means that, although they're still infected, the number of viruses in the body is so low that it is undetectable by standard laboratory methods and is non-transmissible to others.

Should I treat vaginal infections at home?

NO! Although there are natural products that can help fight vaginal infections, it's best to seek a medical opinion.

There are products, such as chamomile, or tea tree oil, which can be helpful in calming symptoms when used as a sitz bath. Internal intimate wash is not recommended by doctors. Some studies report the anti-inflammatory and bactericidal action of melaleuca oil at low concentrations.

The sitz bath consists of placing water and the natural product in a bidet or soaking tub and sitting for a few minutes in the mixture.

INFECTIONS, WHAT SHOULD YOU DO?

Sexually transmitted infections (STIs) can cause serious complications to your health. Let's talk about the most common ones here and the ones that can make your work difficult and put you at risk.

Sexually transmitted infections (STIs) are infections that are transmitted from person to person through sexual contact, primarily through bodily fluids (e.g., blood, breast milk, frontal orifice or fluids, semen, and pre-ejaculatory fluids).

If you have symptoms of an infection, go to a doctor, or go to a screening centre near you

for confidential examinations or tests. It's important to respect the window period of each infection, that is, the time that goes from the moment the infection occurs until it can be detected through rapid or laboratory screening tests.

It's normal for you to feel nervous when taking a test, but sexually transmitted infections can be treated. If you have a positive diagnosis, the first step is always to seek help and follow the treatment to the end, even if you have no symptoms.

If you take the treatment at an early stage of the infection, the

prognosis will be much better and the likelihood of getting lesions is lower. This means that you will probably have no sequelae and will be able to return to work more quickly.

Some genital changes are signs of infection, so you should pay attention.

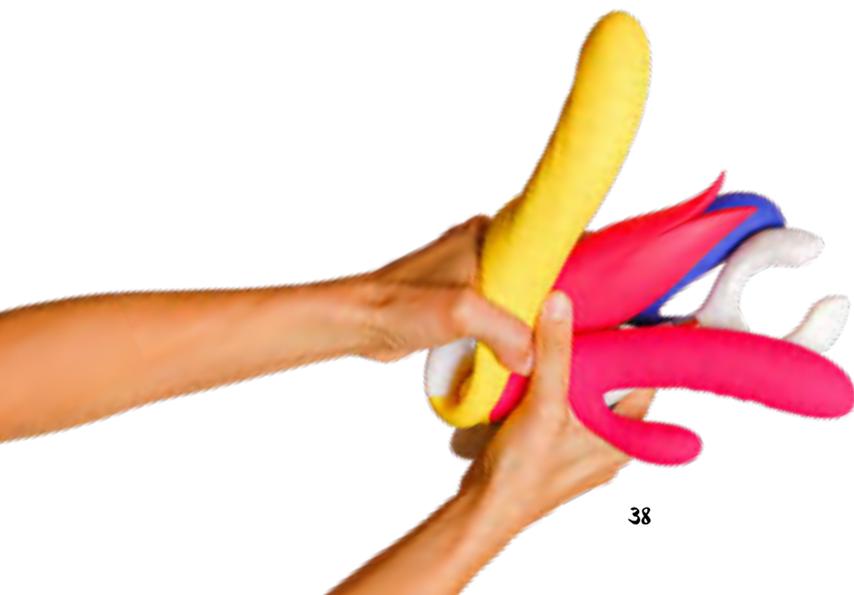
Anyone who has unprotected sex, with fluid exchange, can get an STI.

STIs such as HPV, herpes, chlamydia, or syphilis can be transmitted through touch or contact between the genitals. HIV can be transmitted through genital fluids and menstrual blood. Oral sex should be protected with dental dams/latex bands, and sex toys should not be shared without disinfection (when possible) and, if this is not possible, used with protection.

How to clean Sex Toys?

Sex toys include vibrators, suckers, dildos, latex finger cots, rings, and other objects that are in contact with the sexual organs, anal area, or mouth. To avoid infection, during use, all parts of the sex toy that may be in contact with the skin (e.g. if the person(s) has/have testicles) must have a barrier or be made of non-porous material (silicone, borosilicate glass, surgical steel, ABS).

When buying these types of objects, avoid those containing toxic materials such as phthalates or bisphenol A. Not all sex toys can be sterilized, and some are made of materials that are toxic to the body, which can cause irritation, headaches, and recurrent vaginal infections, among others.



First, it's important to know what material it is made of and follow the manufacturer's instructions. Pay attention to the existence of batteries and motors during cleaning, and in these cases, the ideal is to use a damp cloth or a wipe with antibacterial and antiallergic products. Sex toys made of silicone, borosilicate glass (Pyrex), surgical steel, and ABS plastic (very hard thermoplastic) are non-porous and can be sterilized. Disinfect by boiling (if they are toys without a battery) or by placing them in a solution with 1 bleach to 10 water.

Sex toys must be cleaned and sanitized properly to prevent infections, as well as extend your toy's life, preventing it from deteriorating and causing injury.

Sex toys (penises, vaginas, and artificial buttocks) made of porous material such as foam or rubber should be protected with condoms or dental latex dams/straps without lubricant, as they absorb moisture and are difficult to clean. If the toy smells of rubber, crumbles on contact, or becomes sticky, it is not silicone and should always be completely covered with latex.

Leather materials can be sterilized with soap and water or 70% isopropyl alcohol. Items used for BDSM practices can also transmit infections if they come into contact with fluids. Clean and sterilize them with a disinfectant suitable for their material if these objects come into contact with fluids.

If the material is made of stainless steel or silicone, you should wash it by hand with mild soap (without perfume or other additives) and warm water. It can then be boiled for a few minutes.

Regarding vibrators, if penetration is alternated between the anus and vagina, or between partners, a condom should be used between each use to avoid cross-contamination.

Symptoms that may be a sign of infection

- Changes in the colour or smell of the genital area;
- Blood loss from the vagina, penis, or anus;
- Pus in the vagina, penis, or anus;
- Itching or pain in the vagina, penis, or anus;
- Burning, stinging, or irritation when urinating;
- Blood or urine;
- Increased urge to urinate;
- Sores, ulcers, warts, rash on the vagina, penis, or anus;
- Pain during sexual intercourse;
- Abdominal or lower back pain;
- Profound genital pain and increased sensitivity;
- Itching on the body, palms, or feet.

Sex workers should get tested regularly to ensure that any infection is detected early, even if you have no symptoms. The frequency of testing should be decided by you!

Although it's a difficult decision, if it is possible, warn sexual partners to get tested.

Working with an infection, precautions

If you've tested positive for an infection, the most important thing is to go to a doctor so that you can be advised on treatment.

You should follow the treatment to the end and repeat the tests afterwards to confirm that you are free of the infection.

If it's impossible for you to stop working, you should consistently use condoms and dental dams/ latex bands. This way, you avoid further infections and don't pass the infection on to others.

If the infection causes you severe symptoms that prevent you from working, it's best to respect your body and rest as much as possible so that you can return to work when you decide.

Infections, such as those of the urinary tract, can worsen with friction. This can be uncomfortable during and after vaginal intercourse, and prevent you from working until your symptoms improve.

If you have a contact-borne infection such as herpes and HPV and are experiencing a flare-up with sores and/or blisters on your genitals, it is best to avoid sexual activities (fellatio, cunnilingus, and anilingus). Your partners can be infected with herpes, even if there are no such sores or blisters, so you should always protect sexual intercourse with condoms or dental dams. With oral herpes, avoid kissing clients and protect oral sex as well. Wash your hands thoroughly

whenever you touch sores or warts.



TO SUMMARIZE

there are 3 important steps to avoid herpes infection and reduce the number of herpes outbreaks:

1. Pay attention to your body! As soon as you get the feeling that you're going to have an outbreak, you should stop having sexual contact. Warning signs include swelling, burning, or itching in the affected area, and it causes small, painful, fluid-filled blisters to appear. Friction can aggravate symptoms and spread the virus to other parts of the body.
2. Use condoms between outbreaks to reduce the risk of transmission.
3. Use antiviral treatments. Although they don't eliminate the infection, they greatly reduce the risk of transmission and alleviate symptoms. Talk to a doctor.
4. Don't touch the wounds. Wash your hands with soap and water when in contact with wounds.
5. Maintain a healthy life. Herpes outbreaks can be caused by poor diet, stress or other emotional tension, and a decreased immune system caused by other infections.

Chlamydia and gonorrhoea infections are very contagious. If you decide to continue working, protect vaginal, anal, and oral intercourse with condom and latex band.

You can work after being infected with HIV, as long as you protect yourself during sexual intercourse. HIV destroys your immune system, making you more exposed to other infections.

If you have a respiratory infection, such as tuberculosis or Covid-19, you should stop working until the tests are negative. The doctor should give more specific information in these cases.

If you have an infection caused by parasites, such as lice or flatworms, it's advisable to stop working until you are free of the infection. Disinfest all workplaces and materials and seek treatment immediately.

If you have one or more partners, it's important that they also get tested and treated when infected. They should use protection in sexual intercourse during treatment to prevent reinfection.



STI's Table - risks and treatment

STI	What is it?	How can you get it?	Symptoms	Treatment
Bacterial vaginosis	Vaginal infections occur when the normal vaginal flora (lactobacilli) is replaced by various infection-causing bacteria.	Existe maior risco nas pessoas com múltiplos parceiros sexuais, e quando não é utilizado preservativo. Os duches vaginais também aumentam o risco, tal como o uso de esponjas vaginais ou tampões.	Algumas pessoas podem não ter sintomas. O sintoma habitual é um corrimento branco-acinzentado homogêneo e fino, abundante com cheiro forte associado a peixe que pode piorar após relações sexuais ou menstruação. Dor abdominal.	Antibiótico oral ou em creme.
Pelvic inflammatory disease (PID)	Inflammation of the female reproductive system (uterus, fallopian tubes, and ovaries) that, if left untreated, can lead to infertility. This happens mainly when gonorrhoea and chlamydia infections are not treated.	After unprotected sex with someone who is infected with gonorrhoea or chlamydia. These infections can go unnoticed and eventually develop into PID. It can also occur after procedures such as the IUD, biopsy, or curettage.	Lower abdomen pain during and after intercourse. Abdominal pain, back pain, or pain during urination. Irregular menstrual periods. Fever, fatigue, and vomiting. Vaginal discharge and bleeding.	Antibiotic and rest.
Candidiasis	Causes irritation of the genital membranes (vulva, vagina, or penis) due to overgrowth of <i>Candida albicans</i> , a fungus that grows naturally in the vagina. It can also infect other mucous membranes, such as the throat.	It can be caused by endocrine disorders such as diabetes. Some medications, such as antibiotics and corticosteroids, can also trigger it. You may also be at risk if you have a weak immune system, are pregnant or are using certain hormonal contraceptives. It is transmitted through unprotected oral, vaginal, or anal sex.	Itching and irritation in the vaginal, vulvar, or penile area. White discharge, usually odourless with white cottage cheese-like plaques.	Oral tablets or topical treatment (antifungal cream).
Gonorrhoea	A bacterial infection that affects the vagina, urethra, throat, and anal area. Can cause infertility.	After unprotected sex with an infected person. The infection can also be passed on by vertical transmission (from the mother to the child).	Pain during intercourse, pain in the lower abdomen, testicular pain, and vaginal, urethral, or anal discharge. Some people are asymptomatic.	Partners with symptoms should be treated.
Chlamydia	Infection of the mucous membranes lining the vagina or penis, but also other mucous membranes such as the urethra, anus, throat, or eyes. It can lead to pelvic inflammatory disease.	After unprotected sex with an infected person. Vertical transmission (mother to child).	Pain or burning when urinating, pain in the pelvic area. Vaginal discharge, pus-like. Pain or bleeding during sexual intercourse. Bleeding outside of menstruation.	Antibiótico oral. Xs parceirXs sexuais devem ser tratados ao mesmo tempo.

STI	What is it?	How can you get it?	Symptoms	Treatment
Trichomoniasis		Oral antibiotic. Sexual partners should be treated at the same time.	Corrimento verde ou amarelo, que pode ser abundante, com cheiro fétido. Pode causar coceira ou irritação vaginal. Algumas pessoas podem não ter sintomas.	Através de antibiótico oral ou tratamento tópico. Xs parceiros sexuais devem ser tratados ao mesmo tempo.
Pubic or "flat" lice	Infection is caused by the parasite <i>Trichomonas vaginalis</i> , which infects only humans. It causes microlesions on the inside of the vagina and can cause urethritis.	After unprotected sex with an infected person.	Green or yellow discharge, which may be abundant, with a foul odour. It may cause vaginal itching or irritation.	Cremes com inseticidas próprios para a pele. Remoção dos piolhos e lêndeas. Lavagem das roupas e toalhas. Xs parceiros ou parceiras sexuais devem ser tratados, mesmo que estejam assintomáticos.
Sarna or scabies	Infectious disease caused by the mite <i>Sarcoptes scabiei</i> , which burrows into the skin to lay allergy-inducing eggs.	Through intimate sexual and bodily contact. It can also occur through contact with infested objects, such as bedding or towels.	Severe itching in the pubic hair area. Enlarged lymph nodes in the genital area. Presence of small eggs.	Human-safe topical insecticide. Washing clothes and towels, removal nits and crabs. Sexual partners should be treated, even if they are asymptomatic.
Genital herpes	Caused by human herpes virus 1 (HSV-1) or 2 (HSV-2) that attacks the mouth, lips, and genitals.	Through direct contact with infected skin and intimate contacts. Vertical transmission (mother to child).	Painful blisters and ulcers. Fever.	Oral or topical antiviral medications.
Non-specific urethritis	Inflammation of the urethra.	It can be caused by infection with chlamydia or other bacteria, viruses, or other microorganisms. Vigorous sexual activity.	Penile secretions, painful urination. Can be asymptomatic.	Oral antibiotics. Partners should be treated, even if they are asymptomatic.

**Adapted from NZPC publications: Stepping forward booklet (4 o 4)*

Infection risk table

Practices	Oral		Vaginal		Anal		Fisting		Sex Toy Exchange	
	With	Without	With	Without	With	Without	With	Without	Disinfection or protection	No disinfection or protection
HIV	●	●	●	●	●	●	●	●	●	●
Sífilis	●	●	●	●	●	●	●	●	●	●
Hepatitis B	●		●		●		●	●	●	
Hepatitis C	●		●		●		●	●	●	
Gonorreia	●	●	●	●	●	●	●	●	●	●
Clamídia	●	●	●	●	●	●	●	●	●	●
HPV	●	●	●	●	●	●	●	●	●	●

● Risk free; ● Low risk; ● Medium risk; ● High risk;

What to do if you have an infection?

1) After a positive diagnosis, the first step is always to seek help, confirm the diagnosis, and get treatment, even if you don't have symptoms.

2) Although it is a difficult decision, if possible, advise sexual partners to take the test and, when necessary, start treatment.



HIV

HIV is a chronic infection caused by the Human Immunodeficiency Virus, of which 2 types are known, HIV-1 and HIV-2. This virus is transmitted through certain fluids such as blood, vaginal fluids, semen, pre-ejaculatory fluids, rectal fluids, and breast milk.

The body can become infected when these fluids come into contact with a mucous membrane, or damaged tissue (such as a skin wound) or directly into the bloodstream.

HIV symptoms

HIV is considered a silent infection because it can be asymptomatic or result in very non-specific symptoms.

When HIV infects the body, it destroys the immune system, which becomes unable to defend itself from infections that can be life-threatening.

In the first 3 to 6 weeks (acute phase), symptoms such as fever and discomfort can appear and are often mistaken for a cold. This happens as the virus starts to multiply very quickly and attacks the immune system.

Around 4 to 6 weeks after the infection, the immune system reacts and starts producing anti-HIV antibodies. At this stage, an equilibrium is established which enables the virus to survive within the body without weakening it. This is the asymptomatic phase and can last for years or even decades.

After years, the body no longer contains the virus and becomes weaker. At this stage, AIDS (Acquired Immunodeficiency Syndrome) develops and various opportunistic infections evolve, leading to disease and death. The most common symptoms at this stage are fever, diarrhoea, weight loss, night sweats, weakness, and other symptoms associated with infections that are acquired due to the compromised immune system.

HIV infection

You can get HIV through:

- Unprotected sex (anal or vaginal). Receptive anal sex has the highest risk;
- Sharing syringes or other injecting material;
- Puncture by a contaminated needle or other piercing object.

Although very rare, you can also catch HIV through:

- Oral-genital sex (especially if there is ejaculation into the mouth) or oral-anal sex;
- Contact of infected fluids with other mucous membranes, such as the eyes;
- Blood transfusion or organ transplant.

Infection can also occur by vertical transmission during pregnancy, childbirth, or breastfeeding because foetal and maternal blood are shared. In cases where the pregnant person is HIV-positive, antiretroviral drugs can be administered during pregnancy and childbirth to prevent infection of the foetus. Breastfeeding is contraindicated for HIV-positive people.

How to prevent HIV infection

HIV can be avoided by using a condom in all penetrative sexual practices. Condoms serve as a barrier that prevents fluid from being exchanged and the virus from entering the body. When used correctly and in conjunction with water-based lubricants, they are extremely effective.

The use of PrEP and PEP also reduces the chance of being infected with the virus.

How to treat

There is no cure for HIV, but it can be treated effectively with antiretroviral drugs.

All people infected with HIV should start treatment immediately to control the multiplication of the virus and reduce the viral load. Taking the medicine on time and as prescribed prevents the virus from mutating (which increases resistance) and makes it easier to achieve an undetectable viral load (UVL). This is essential for a good prognosis.

The viral load refers to the number of viruses circulating in the blood. When it becomes undetectable, it means that the number is so low that it hasn't been detected by normal tests for at least 6 months. Although they are still infected with the virus, people with undetectable viral load do not sexually transmit the virus. They can, however, transmit it via other routes, such as breastfeeding.

Syphilis

Syphilis is very infectious and is caused by the bacterium *Treponema pallidum*, which enters the body through the skin or mucous membranes, infecting the blood. Although it is quite dangerous if untreated, it is curable when diagnosed on time and treated with the right medication (antibiotic).

This infection can manifest itself through various symptoms and have different stages (primary, secondary, latent, and tertiary syphilis).

Diagnosis

Diagnosing syphilis can be somewhat complex. Syphilis is an infection that leaves an immunological imprint, which means that once you've been infected, and even if you've been treated, the rapid tests will turn positive.

Any positive rapid test must be confirmed by a laboratory blood test to determine whether you're truly infected or have had an infection in the past.

Primary syphilis occurs between 3 weeks and 2 months after infection.

At this stage, one (or more) sores may appear at the original site of infection (where the bacteria entered and multiplied), usually on the genitals, anus, or mouth. There may also be an increase in lymph nodes near the sore.

The sore appears as a firm, round, painless lump and may go unnoticed; usually, the lump disappears spontaneously because the bacteria in the area migrate into the blood.

The infected person must be treated to prevent the infection from progressing.

Secondary syphilis occurs a few weeks or months after infection.

At this stage, symptoms include skin irritation that can cause itching, especially on the palms of the hands and feet. This irritation is characterized by rough, brownish-red patches. In addition, lesions appear on mucous membranes such as the mouth, vagina, and anus.

There may be swelling of lymphatic nodes, fever, and general discomfort.

These symptoms may be mild and go unnoticed.

Latent syphilis can last for up to 30 years.

If left untreated, the syphilis bacteria remains in the body, but without obvious signs or symptoms.

Tertiary syphilis occurs 10 to 30 years after infection.

Not all people will develop tertiary syphilis.

However, when it does occur, tertiary syphilis is associated with severe symptoms that can be fatal. Vital organs such as the heart, brain, and liver can be affected.

Common symptoms are severe headaches, motor problems, dementia, and paralysis.

How can you contract syphilis?

Syphilis enters the body through direct contact with a syphilitic sore, unprotected sex (vaginal, oral, or anal), pregnancy, and childbirth (from mother to child).

Syphilis sores are characteristic and can appear in areas such as the penis, vagina, anus, lips, or mouth.

How to prevent syphilis

Consistent use of a barrier method, such as condoms and latex dental dams, can help prevent syphilis infection. Keep in mind that, unlike HIV, syphilis is highly contagious, even during oral sex.

If you have unprotected sex, you're at risk of contracting syphilis.

How to treat syphilis

Syphilis is treated with antibiotics. Although it can be treated, if the damage is extensive, it may not be possible to reverse the effects of the disease. Therefore, early diagnosis and prompt treatment are essential.





Hepatitis

Hepatitis is an inflammation of the liver that can be caused by bacteria, viruses, and toxic products such as recreational drugs (including alcohol), medications, and some plants.

Hepatitis B, C, and A can be sexually transmitted.

Hepatitis B

Hepatitis B is caused by the hepatitis B virus (HBV). This virus can enter the body through infected blood, semen, or other fluids.

People infected with HBV can contract acute or chronic illness.

What are the symptoms of hepatitis B?

Symptoms of acute infection can appear up to 90 days after infection and include:

- Fever;
- Fatigue;
- Loss of appetite;
- Vomiting and nausea;
- Abdominal pain;
- Dark urine and pale stools;
- Jaundice.

These symptoms can be mild or severe. In some cases, fulminant hepatitis can occur with liver impairment and liver failure.

The infection can disappear naturally at this stage, but some people develop chronic disease, cirrhosis, or liver cancer.

How do you get hepatitis B?

- Unprotected sex;
- Sharing unsterilized needles or other drug paraphernalia, medicines, hormones, and tattoos;
- Contact with infected blood;
- Sharing certain personal items that may contain blood (toothbrushes and razors);
- From mother to baby during childbirth (normal or caesarean section).

Hepatitis B is not transmitted by:

- Food;
- Drinking water;
- Cutlery sharing – Breastfeeding;
- Hugging;
- Kissing;
- Coughing or sneezing.

How to prevent hepatitis B

To avoid infection, you should take the following precautions:

- Get vaccinated against HBV. Children and adults can be vaccinated at any time, but the vaccine is most effective when given in childhood;
- Use barriers such as gloves, condoms, and dental dams/latex bands;
- Avoid contact with blood or other bodily fluids;
- Avoid sharing objects that can cause cuts or sores on the skin or mucous membranes;
- Avoid sharing needles.

To avoid infection, you should take the following precautions:

- Get vaccinated against HBV. Children and adults can be vaccinated at any time. However, the vaccine is most effective when given in childhood;
- During sex, use protection such as gloves, condoms, and dental dams/latex bands.
- Avoid contact with blood or other body fluids;
- Avoid sharing objects that can cause cuts or scratches to the skin and mucous membranes;
- Avoid sharing needles.

How to treat hepatitis B

Treatment for hepatitis B depends on the length of the infection and should always be accompanied by medical supervision.

Acute infections may not require specific treatment and the immune system manages to control the infection by eliminating the virus in around 6 months. Most times, the person is medicated to control the symptoms.

In chronic infections, the infected person is medicated with antiviral medication to control the infection. This medication doesn't cure the infection, but it does reduce liver damage and the complications that result from the infection.

Post-exposure prophylaxis for HBV is most effective in the first 12 hours after infection and consists of:

- Administering intravenous immunoglobulin to stimulate the production of anti-HBV antibodies;
- Starting the vaccination program (consisting of 3 doses) in unvaccinated persons.

Vaccination against HBV

The hepatitis B vaccine is part of the National Vaccination Plan and is given to children and adults to protect them against infection with the hepatitis B virus.

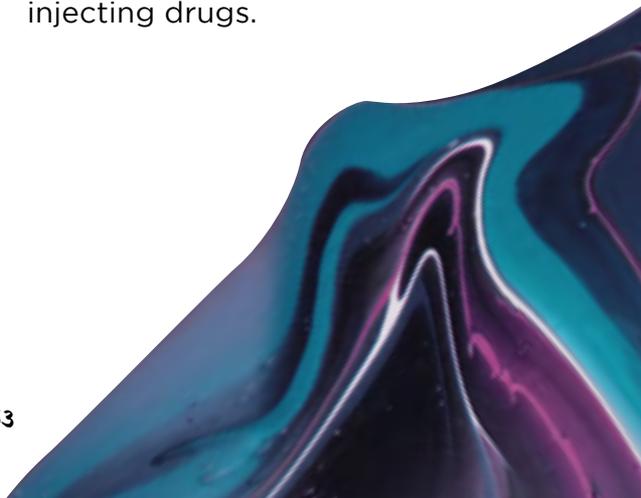
The vaccine is given intramuscularly to children in 3 doses, the first after birth (in the first 12 hours of life), the second in the first month, and the third at 6 months.

In adults, after the first dose, two more doses are given at 30 and 180 days.

Hepatitis C

Hepatitis C is caused by the hepatitis C virus (HCV).

This infection can be transmitted sexually, although this is not the preferred route. The greatest risk of transmission occurs in situations where blood enters the body directly, such as when sharing unsterilized material for injecting drugs.



What are the symptoms of hepatitis C?

Symptoms are often mild and non-specific. For this reason, people at risk should get tested, as they may be infected and transmit the infection without realizing it.

The infection can be acute and appear 2 to 12 weeks after infection. Symptoms are usually mild and include:

- Fatigue;
- Nausea, vomiting;
- Fever;
- Aching muscles and joints;
- Loss of appetite;
- Weight loss;
- Jaundice;
- Dark urine and pale stools.

Chronic infection is the most common and is defined by active virus replication for at least 6 months. During the first few years, symptoms may be mild and non-specific.

Chronic hepatitis is associated with:

- Extreme fatigue;
- Mild cognitive problems.

Hepatitis C can lead to cirrhosis and liver cancer if left untreated.

How you can get hepatitis C

You're at risk of being infected with hepatitis C and should get tested if:

- You've shared equipment for injecting drugs;
- You've had a tattoo with unsterilized equipment;
- You've used personal items that may contain blood (toothbrushes, razors, manicure, and pedicure sets).

HCV can be transmitted to the foetus during pregnancy or birth.

How to treat hepatitis C

Hepatitis C can be cured. Around 90 percent of the cases of chronic hepatitis are cured by antiviral treatment.

People infected with HCV should avoid substances and medicines that are toxic to the liver.

Hepatitis A

It is caused by the hepatitis A virus (HAV) and is most common in children and young adults.

The main form of infection is the oral-faecal route (contact between faeces and mouth), as HAV is excreted in the bile and excreted in the faeces. This is why it's most often associated with contaminated water and food. However, it can also be transmitted by the sexual route.

In most cases, this infection disappears spontaneously without the need for medication. In some situations, when fulminant hepatitis occurs, it can cause serious illness.

What are the symptoms of hepatitis A?

- Symptoms can last up to 2 months and appear up to 60 days after infection:
- Jaundice;
- Fever;
- Fatigue;
- Vomiting and nausea;
- Abdominal pain;
- Diarrhoea;
- Dark urine.

How can it be prevented?

Vaccination against the hepatitis A virus is the best form of prevention. This vaccine is very effective and safe and can be given to people with HIV or other immunosuppressive diseases.

It's also important to use condoms or dental dams to avoid faecal contact during anal and oral sex. Whenever possible, wash your hands and the genital and anal areas (yours and your client's) before and after sex.

All sex toys and erotic accessories should be sanitized thoroughly after use or protected with a condom.

HPV

Human papillomavirus is one of the most common sexually transmitted infections in the world. There are about 200 different types of HPV, 40 of which affect the genital and anal tract.

Despite the high rate of infection, some strains of the virus disappear spontaneously or cause no symptoms.

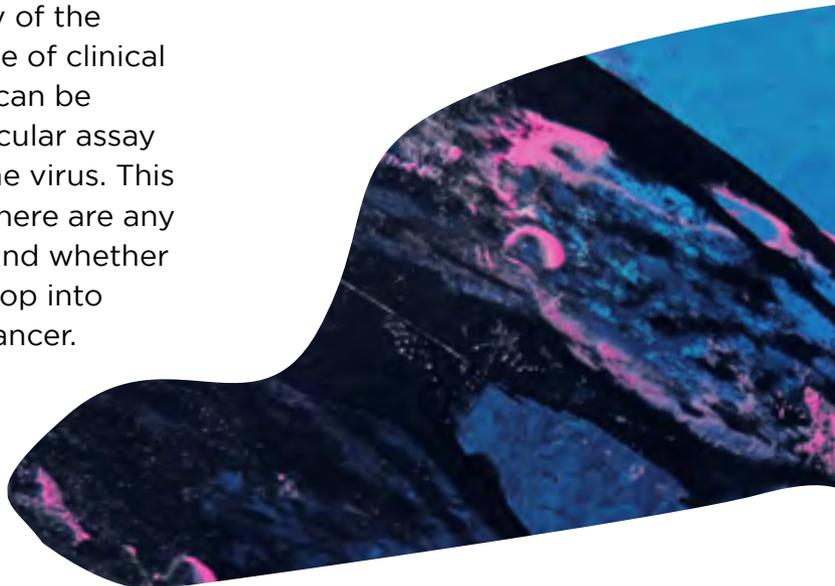
The most aggressive strains are responsible for cervical cancer, as well as cancers of the vulva, penis, anus, mouth, and larynx. That's why prevention is so important.

To find out if you have HPV, you should have a regular cervical smear (if you have a vagina or uterus) or a biopsy of the lesions. In the absence of clinical symptoms, the virus can be diagnosed by a molecular assay (PCR) that detects the virus. This test shows whether there are any changes in the cells and whether they're likely to develop into serious lesions and cancer.

What are the symptoms of HPV?

HPV can manifest itself as warts which, despite their characteristic cauliflower-like appearance, may go undetected because they are invisible to the naked eye or are located in internal areas such as the cervix.

HPV is mainly transmitted sexually, through direct contact between the warts, which can be microscopic and practically invisible, and the skin or mucous membranes. The infection may persist for years until cancer cells and tumours develop.



How to treat HPV

There is no cure for HPV but the lesions that develop in the vagina, cervix, anus, and penis can be treated with topical medication or removed through surgical procedures.

The person's immune system fights the virus. It takes between 8 and 12 months for HPV to be cleared from the body by the immune system.

If the virus remains in a latent state, it is still present in cells but does not cause lesions.

If the body is unable to eliminate the virus, the lesions persist and, in some cases, can develop into a neoplasm (malignant or benign).

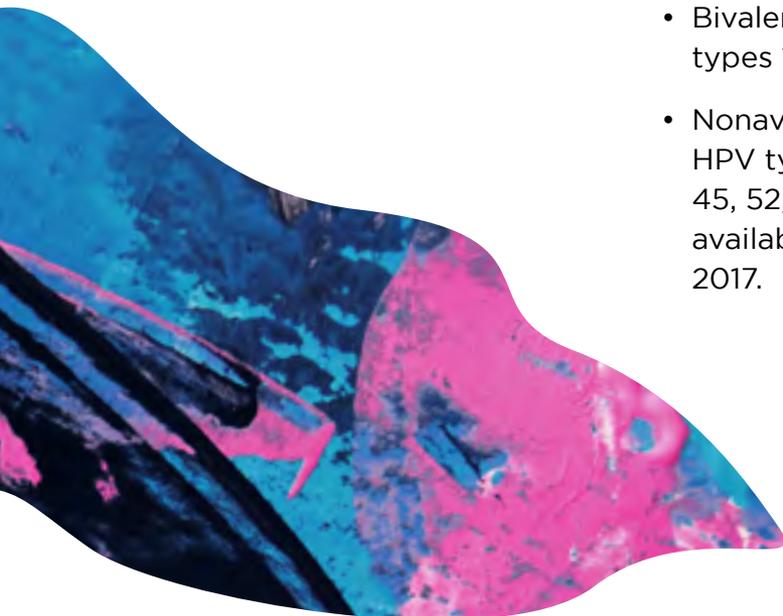
Prevention

Vaccination, for the most virulent strains which cause the majority of cancers, is the best form of prevention against the HPV virus. In Portugal, this vaccine is already available free of charge to teenage girls and boys up to the age of 18.

Unvaccinated adult women are advised to receive the vaccine, even if they have already had an HPV infection, but there is no public co-payment. The vaccine prevents infection by new strains and can reduce the HPV symptoms of an already acquired infection, although it does not cure an existing infection.

There are 2 types of HPV vaccine:

- Bivalent: only covers HPV types 16 and 18;
- Nonavalent: protects against HPV types 6, 11, 16, 18, 31, 33, 45, 52, and 58 and has been available in Portugal since 2017.



Gonorrhoea

Easily transmitted through unprotected sex, gonorrhoea can cause pelvic (temporary or chronic) and testicular inflammation, leading to infertility. Sometimes this inflammation can increase the risk of ectopic pregnancy.

What are the symptoms of gonorrhoea?

Symptoms can appear between 2 and 14 days after infection.

Some people who are infected with gonorrhoea have no symptoms. If they do appear, the symptoms may be mild and non-specific and may be mistaken for a urinary tract infection.

Symptoms may include:

- Pain or burning when urinating;
- Pain during intercourse;
- Testicular pain;
- Abnormal vaginal discharge (with a greenish colour or bad smell);
- Bleeding between periods;
- Fever;
- Urethral discharge (white, green, or yellow);
- Anal itching.

Rectal infection includes itching, discharge, bleeding, and pain that spreads to the bowel.

If gonorrhoea infects the throat, it can cause inflammation and pain, but most times the infection is asymptomatic.

All sexually active people should be tested for gonorrhoea once a year. They should also be tested if they have sex without a condom or if they have symptoms.

If one of your partners has recently been diagnosed with gonorrhoea, if you have any of the symptoms described above, or if you're pregnant or thinking about becoming pregnant, you should get tested.

Gonorrhoea can be diagnosed by a urine test or by testing for the bacteria in samples taken from the urethra, rectum, vagina, or throat.

How you can get gonorrhoea

Gonorrhoea can be spread through fluids exchanged during unprotected vaginal, anal, or oral sex. A pregnant woman can pass the infection on to her baby during labour. In this case, the baby can develop blindness and generalized infection.

To protect yourself, use a condom whenever you have sex.

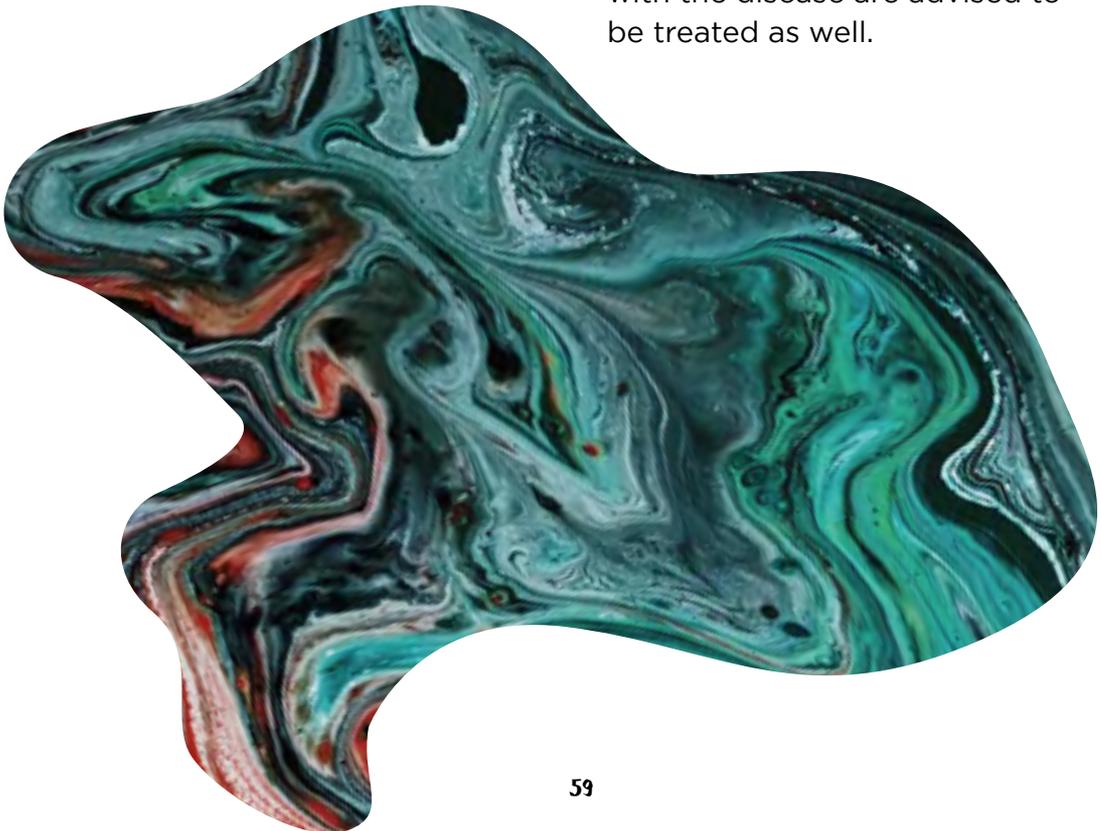
How to treat gonorrhoea

This infection is caused by bacteria and is treatable with antibiotics or a combination of antibiotics.

If left untreated, gonorrhoea can cause serious problems at the infected sites, usually the genitals, rectum, and throat, but also certain mucous membranes, such as the eyes.

Untreated cases can lead to the bacteria infecting the blood and spreading throughout the body, causing dermatitis, arthritis, and even death.

The partners of those diagnosed with the disease are advised to be treated as well.



Chlamydia

Chlamydia is a common bacterial infection that is often asymptomatic and therefore transmitted without the carriers being aware of it.

Symptoms of Chlamydia

The main symptoms include:

- Burning and pain when urinating;
- Cervical inflammation;
- Testicular pain;
- Abdominal pain and abnormal discharge;
- Urethral discharge.

If left untreated, the infection can lead to pelvic inflammatory disease and infertility.

Like gonorrhoea, if left untreated, chlamydia can cause septicaemia (a generalised blood infection) and arthritis. The bacteria can also cause lymphogranuloma venereum (LGV), a skin lesion that is often asymptomatic and may be accompanied by lymph nodes in the groin. This infection has a short incubation period (about 3 days) and may go unnoticed until symptoms worsen.

If you have genital ulcers, inflammation of the rectum, or fistulas with enlarged lymph nodes, seek medical advice.

How you can get chlamydia

Chlamydia is mainly transmitted sexually (vaginal, anal, and oral) when there is contact with genital fluids or contact between genitals, even without penetration.

It's important to remember that chlamydia can also be transmitted through the sharing of sexual objects.

As with gonorrhoea, certain mucous membranes (e.g. the eye) can also become infected.

The disease can be transmitted from a pregnant woman to her baby during childbirth.

How to avoid chlamydia

The most effective way to protect yourself from chlamydia is to use protection (condoms or dental dams) during all sexual practices.

As this infection is often asymptomatic, sexually active people should get tested regularly.

How to treat chlamydia

Chlamydia is treated with an antibiotic or a combination of antibiotics. Early diagnosis is best to avoid more serious consequences and complications.

Treatment is more extended in more serious situations, such as LGV.



Condoms are important!

Using a condom is also a personal choice, but it's important to know that if you don't use a condom, you can get various infections. It's Russian roulette, good luck or bad luck. Ideally, take no risks. Your health should be your number one priority.

You should say from the start that you won't take any risks and that you will use condoms with all your clients.

There is a myth that those who don't work without condoms work less, but this is not always the case.

Remember that it's important:

Using condoms or dental dams because they prevent the exchange of fluids and consequently most sexually transmitted infections and unwanted pregnancies. There are different types of condoms depending on the type of sexual activity (oral, vaginal, or anal).

Using condoms with all clients, regardless of your level of trust in the client's health.

Using condoms or latex bands for oral sex. This sexual practice has several risks as many infections can be transmitted through the mouth.

Changing condoms between sexual practices, especially from anal to vaginal or oral, because in addition to bacteria, condoms can lose their lubricity, develop small tears, and burst. If you use an internal condom for anal sex, don't forget to remove the ring or sponge.

Using genital-specific lubricants to increase the effectiveness and safety of the condom during penetration. Without lubricant the condom can burst and intercourse becomes painful.

Using water-based or silicone-based lubricants, as oil-based lubricants such as petroleum jelly or sweet almond oil will react with the latex in the condom, causing it to heat up and burst.

Avoiding saliva as a lubricant, not only because it is not very effective, but also because it can be unsanitary. The mouth and saliva can contain bacteria and contaminate the genitals, causing infection.

Avoiding internal washing or douching as they can alter the natural pH and cause irritation and vaginal lesions. In addition, they remove the natural bacteria from the vaginal flora that help

to protect against other types of infection. Wash and cleansing ointments should be prescribed by your doctor if you have an actual infection.

Taking PEP after high-risk sex:

Post-exposure prophylaxis is a treatment that should be taken if a condom breaks, or if you have vaginal or anal sex without a condom. It can prevent HIV infection and should preferably be taken up to 24 hours after the high-risk contact, when it's most effective. Although it can be taken up to 72 hours after exposure, its effectiveness will be greatly reduced.

Avoiding the use of drugs

(including alcohol) at work: The use of certain substances can impair concentration and reduce alertness, leading to risk-taking practices.

Getting tested regularly: Rapid tests for sexually transmitted infections, carried out regularly (every 3 months or after high-risk sexual practices), allow early detection of any infection. This makes it possible to start treatment as soon as possible and avoid transmitting the infection to other people.

Using methods that don't involve

penetration: If it's not possible to use condoms and latex bands correctly, you should resort to other practices that don't involve penetration, such as masturbation, fondling, massage, kissing, and others.

I HAVE AN STI. WHAT SHOULD I DO?

- 1) After a positive diagnosis, the first step is always to get help and treatment, even if you don't have any symptoms;
- 2) Although it is a difficult decision, if possible, tell your partners so that they can also be tested.

COVID-19

For those who are involved in sex work, person-to-person contact is essential. Nevertheless, there are ways to reduce the risk of transmission of the Covid-19 virus.

VIRTUAL SEX

through webcams, sexting (sexual messages), or videos is a way of avoiding physical contact. In Portugal, however, it is a practice more used for recreation.

What is it?

COVID-19 is an acute respiratory infection caused by the new coronavirus (SARS-CoV-2). This virus belongs to the Coronaviridae family.

Most of these viruses cause disease in animals (bats, camels, and birds). However, 7 known strains can cause disease in humans. Some of these can cause transient mild symptoms, severe respiratory infection (pneumonia), or death.

The viruses that cause severe infection in humans are:

- **SARS-CoV-2** - responsible for the pandemic that began in 2019 and causes COVID-19;
- **MERS-CoV** - responsible for the Middle East Respiratory Syndrome (MERS) outbreak in 2012;
- **SARS-CoV** - caused the outbreak of Severe Acute Respiratory Syndrome (SARS) in 2002.



COVID-19 Transmission

The COVID-19 virus is highly infectious. It's transmitted by contact with droplets that are expelled from the nose or mouth of an infected person. The droplets can be passed to other people or deposited on surfaces or objects where the virus can survive for hours or days.

Transmission can occur in the following situations:

- Shaking hands with a contaminated person;
- Talking, coughing, sneezing, or passing secretions between people who are close to each other;
- During physical activity or singing;
- Touching contaminated surfaces or objects (mobile phones, cutlery, door handles, toys, computers, lifts, etc.).

The infectious period can last from 7 to 12 days for moderate illness and up to 2 weeks for severe illness. According to the Directorate-General of Health, the incubation period for infection is between 1 and 14 days.

Symptoms

The symptoms of an infection with COVID-19 are diverse and can vary in severity.

More frequent and less severe symptoms:

- Tiredness;
- Dry cough;
- Fever (temperature $\geq 38.0^{\circ}\text{C}$);
- Body aches and muscle tension;
- Difficulty breathing;
- Loss of smell and taste;
- Conjunctivitis;
- Sore throat;
- Diarrhoea.

Less common and more severe symptoms:

- Difficulty breathing;
- Chest pain and pressure;
- Loss of speech or motor skills.

Many people can be asymptomatic, i.e. they have no symptoms of the disease, but can transmit the virus to healthy people.

Prevention: How to work safely?

- Reducing the risk of infection involves vaccination and prevention of direct and indirect contact with infected droplets.
- Hands are one of the main transmission routes. That's why it's important to follow respiratory etiquette:
- Wear a mask;
- When coughing, cover your mouth with your forearm or a handkerchief. Don't use your hands!
- Throw used tissues in the bin;
- Wash your hands after sneezing or coughing.

If you work on the street, you should:

- Have an alcohol-based disinfectant solution or, when possible, wash your hands with soap and water;
- Wash or disinfect your hands between clients and after handling money;
- Carry as few items as possible;
- Always wear a protective mask. If possible, change masks between customers;
- Avoid touching the face (your own or the customer's), especially the eyes, mouth, and nose;
- If possible, refuse to have clients with flu symptoms, breathing difficulties, or coughing;
- Always use condoms;
- Disinfect surfaces and objects such as mobile phones with alcohol or alcohol wipes.



If you work indoors, you should:

- Wash your hands regularly, for at least 30 seconds, or sterilise them with an alcohol solution;
- Ensure that customers wash their hands and face with soap when they enter;
- Ask if the client recently had COVID symptoms (fever, dry cough, tiredness, sore throat), has travelled recently, or has been in contact with someone who is infected;
- If possible, refuse staying with people who have flu-like symptoms, difficulty breathing, or coughing;
- Use a non-contact infrared thermometer to check the client's temperature;
- Limit physical contact as much as possible, and avoid greeting people with kisses or hugs;
- Try to negotiate sexual practices that involve non-physical contact and keep a physical distance or avoid face-to-face contact;
- Always wear a protective mask and ensure that the client wears a disposable mask correctly;
- Increase the time between clients to sterilise and clean surfaces and equipment (e.g. telephones, door handles, etc.), change sheets and wash bed linen at high temperatures.

Whether you work on the street or in an apartment, you should avoid working if:

- You have a fever, cough, or other flu symptoms;
- You've been in contact with an infected person;
- You've been abroad or in areas with high infection rates;
- You have a chronic infection.

IF YOU HAVE SYMPTOMS

contact Saúde 24 (808 24 24 24) or your family doctor.

CONTRACEPTIVE METHODS

To reduce the risk of unwanted pregnancy, you should use a method of contraception in addition to the condom. That way, if the condom breaks, you're still protected.

If you don't use a contraceptive method and the condom breaks, you can use the morning-after pill. But this situation can be avoided if you think about the best method in advance and plan your reproductive health.

Contraceptives work in different ways to prevent pregnancy:

- They block ovulation;
- Prevent sperm from entering the womb;
- Prevent fertilisation and/or

implantation;

- Destroy the sperm.

If you're thinking of starting a hormonal contraceptive, you should book an appointment at the Sexual and Reproductive Health Service. The health centre can provide some contraceptives free of charge.

Barrier contraceptives

These contraceptives do not contain hormones and act as a physical barrier to prevent sperm from coming into contact with the uterus. They are usually lubricated with a water-based material.

These may be an option for people who can't or don't want to use hormonal contraceptives, but they can cause allergic reactions.

Condoms

In addition to preventing unwanted pregnancies, condoms are also effective in preventing sexually transmitted infections. In terms of material, they can be made of latex or polyurethane. They can be used for internal or external insertion. All condoms are disposable after one use.

Diaphragm

The diaphragm is a dome-shaped silicone or latex ring with a flexible ring that makes it easier to insert. The diaphragm should be inserted into the vagina around 15 to 30 minutes before sexual intercourse and removed 8 to 12 hours later, preventing sperm from entering the uterus. It should be used in

conjunction with a spermicidal cream or gel to increase contraceptive effectiveness.

The size of the diaphragm depends on the person's weight and should be adjusted if the weight changes by more than 5 kilos.

Spermicides

Spermicides are chemical substances in the form of gels, creams, vaginal suppositories, or sponges that should be inserted into the vagina 5 to 90 minutes before intercourse. They act as a barrier, preventing sperm from moving and reaching the womb. Spermicides alone are not very effective and should be used in combination with other methods, such as the diaphragm.

Intrauterine device (IUD)

The IUD is a contraceptive method consisting of a small, flexible, T-shaped device that is inserted into the womb by a healthcare professional. The IUD does not contain hormones and consists of copper wire wrapped around the base and arms of the T. It's suitable for use in women who are in good health and have a normal gynaecological history.



Hormonal contraceptives

Hormonal contraception contains synthetic forms of the female hormones oestrogen and progesterone. They work by preventing pregnancy in two ways: by preventing ovulation and by increasing the thickness of the mucus in the cervix.

There are some side effects associated with the use of these contraceptives, including:

- Weight gain;
- Headaches;
- Breast enlargement;
- Irregular menstruation;
- Decreased libido.

Hormonal contraceptives are not recommended for smokers, people with a history of high blood pressure or a history of breast, liver, or endometrial cancer.



Combined oral pill

Commonly known as the pill, this contraceptive method consists of two different types of hormones that inhibit ovulation: progesterone and oestrogen. You should take one pill a day, preferably at the same time.

The injectable contraceptive



This method of contraception consists of an intramuscular injection of the hormone progesterone every three months. This method is very efficient in avoiding pregnancy and is suitable for those who tend to forget taking the oral pill.

Vaginal ring



The vaginal ring is a thin, flexible ring. The ring should be inserted and left in the vagina for 21 days. After this time, the ring must be removed and a 7-day waiting period must be observed before a new ring is inserted. The vaginal ring is a combined hormonal contraceptive with oestrogen and progesterone. It cannot be used by people with a history of clotting problems, stroke, heart attack, or cancer.

Transdermal patch



The patch is a square that contains oestrogen and progesterone. This contraceptive sticks to the skin and can be applied to the lower abdomen, upper arm, buttocks, or back. Once the patch is in place, it shouldn't be

removed. When changing the patch, avoid applying it in the same place or on red, irritated, or cut skin.

Intrauterine system (IUS)



The IUS is a small, flexible, T-shaped plastic device containing a type of progestin called levonorgestrel that is inserted into the uterus through the vagina by a healthcare professional. The IUS can stay in place for around three, five or ten years, depending on the type, as long as it doesn't cause adverse effects.

Implant



The implant consists of a small silicone rod that is inserted under the skin, usually in the lower arm, with an appropriate needle. The implant contains progesterone and releases small doses of hormones into the body. It's effective for up to three years, but can be removed sooner.

Morning-After Pill



The morning-after pill is an emergency contraception.

You can use it if you've had a condom break and you're not using another method of contraception.

To prevent pregnancy, this pill should be taken within 48 hours of the risk situation. It becomes less effective over time. It should therefore be taken as soon as possible.

This pill can cause:

- Nausea and vomiting;
- Diarrhoea;
- Breast sensitivity;
- Irregular bleeding.

The morning-after pill shouldn't be used as a contraception method. It should only be used in exceptional circumstances.

You can buy the pill without a prescription.

To get the morning-after pill free of charge, you should go to a family planning consultation at a health centre or to a hospital's gynaecology and obstetrics department.

If your period doesn't return after 3 weeks, you should have a pregnancy test.

Am I pregnant?

Pregnancy can occur in cis women as well as non-binary people or trans men with a uterus, fallopian tubes, and ovaries.

You can get pregnant when:

- You've had unprotected sex or been a victim of a sex crime and have not taken the morning-after pill. There are days in your cycle when you are more likely to get pregnant (the days before ovulation and the day of ovulation);

- You used protection during sex, but there has been an accident (the condom broke or came off);
- You have sex without any contraceptive method;
- You are taking the contraceptive pill but you've missed one or more doses, or you are taking certain medicines as antibiotics or antiepileptics;
- You've taken the morning-after pill but your period is still late and the symptoms persist.

The most common symptoms of pregnancy are:

- Absence of menstruation;
- Breast pain;
- Nausea and vomiting;
- Mood swings.



Voluntary Termination of Pregnancy

If you have a positive pregnancy test but don't want to continue with your pregnancy, you should go to a hospital for a Voluntary Termination of Pregnancy (VTP). If you are a migrant in an irregular situation, you can have a VTP legally and free of charge.

VTP is a procedure that allows a pregnant person to have an induced abortion at up to 10 weeks of pregnancy, and has been legal in Portugal since 2007.

To access VTP, you must go to a hospital emergency room or try to make an appointment by phone.

The procedure has four stages:

1. Prior consultation: when the pregnancy has been confirmed by ultrasound. The doctor informs the pregnant about the different methods of VTP and the possible risks of the procedure.
2. Reflection period: during this period, which is never less than 3 days, the person decides whether to proceed with the IVG. If they wish, they can ask for psychological and social support.
3. Termination of pregnancy: it is performed according to the procedure indicated by the doctor (medical or surgical procedure).
4. Follow-up appointment: tests are carried out to confirm that the pregnancy has been interrupted and to ensure that there are no complications or infections as a result of the VTP.

If you experience any of the following symptoms after the procedure, you should go to an emergency department:

- Heavy bleeding;
- Severe and persistent pain;
- Fever higher than 38°;
- Pregnancy symptoms.



Antenatal care

If you're pregnant, the decision to continue working or not can be difficult, but it's yours and must be respected. Have in consideration that sex work during pregnancy can be challenging and you should take extra care.

In any case, you should seek medical help and talk to someone you trust.

If you're pregnant, you should make an appointment for antenatal care at your nearest health centre. In Portugal, antenatal care is free and available to everyone, including migrants with irregular status.

During these appointments, you'll find out whether your pregnancy is healthy or at risk. You'll have access to blood tests, ultrasound scans, vitamins, and other necessary medication, as well as advice on alcohol, tobacco, and drug use.

It's important to know that:

- Although the baby is protected by the amniotic sac and the muscles of the uterus, this doesn't protect the baby from most sexually transmitted diseases (STDs). Use consistent protection with all sexual practices.
- In later stages of pregnancy (2nd or 3rd trimester), sex increases contractions and can induce labour.
- If you experience pain, change position immediately.
- Avoid lying on top of each other or other positions that put pressure on your belly. These will reduce the flow of blood between you and the baby, especially after the twentieth pregnancy week.
- Don't let the client blow into your vagina - although rare, it can cause an embolism and be harmful to you and the baby.

If you have any bleeding after sex, see your doctor immediately.



TIPS FOR CLIENTS

If you're a client of paid sex, remember that the workers are providing a service and should be respected.

Here are some tips on how to behave to facilitate the transaction and make the moment enjoyable.

A few tips:

- Remember, if you're polite and respect the rules, you'll get better service!
- You're receiving a professional service, you do not at any time own the body of the person providing the service, nor are you living a love story. All services must be by mutual agreement between the two parties.
- As with any profession, sex workers should not be victims of harassment, discrimination or prejudice and are protected by law. According to the Portuguese Constitution: "All citizens have the same social dignity and are equal before the law".
- No means no! Everyone has limits and these must be respected.
- Don't forget about hygiene. It's important to shower before and after sex. If the SW feels more comfortable after inspecting your body and genitals, don't be offended. She/he may even help you to identify infections you didn't

know you had and advise you to seek the most appropriate help. Workers are usually well informed about infections and how to protect yourself.

- Each professional usually has their own prevention material for different types of relationships (oral, vaginal, or anal). This ensures their safety and yours.
- If there's an accident with the condom, i.e., it breaks or comes off during penetration, stay calm. There are techniques that can reduce the risk, such as post-exposure prophylaxis. You can find more information in this guide.
- Try to be discreet and respect the SW workspace. There may be neighbours and discretion and quiet are important.
- Trust is essential, so if in doubt, ask. SW are usually informed about risks, infections, and the best way to protect the relationship.
- As a client, you can help identify cases of trafficking, sexual exploitation, or other forms of violence. In Portugal, it's not a criminal offence to be a client of paid sex, so don't be afraid to go to the authorities and report it.

**Adapted from the text available at: <http://sexworker.org.au/not-a-sex-worker/clients/>*



OUTREACH PROJECTS

GAT Almada

Main office: Edifício Luís de Camões; Rua Luís de Camões, n.º 14, r/c, 2810-252 Almada

Contact: 910 250 553

Email: gat.almada@gatportugal.org

Website: www.gatportugal.org/servicos/gatalmada_25

Psychosocial support

Distribution of informative material

Distribution of prevention material

Hospital referral

PrEP/PEP referral

Screening

Risk reduction in substance use

Apartment visits (outreach)

GAT Espaço Intendente

Main office: Rua Antero de Quental, 8-A - Lisboa

Contact: 919 613 092

Email: espaco.intendente@gatportugal.org

Peer support

Psychosocial support

Nursing Care

Distribution of prevention material

Referenciação para o SNS

PrEP/PEP referral

Screening

Risk reduction in substance use

Administração de Vaccines e antibióticos prescritos

Apartment visits (outreach)

GAT CheckpointLX

Main office: Tv. do Monte do Carmo, n.º 2,
1200-277 Lisboa
Contact: 910 693 158
Email: geral@checkpointlx.com

Peer support

Psychosocial support

Nursing Care

Distribution of informative material

Distribution of prevention material

Hospital referral

PrEP/PEP referral

Contraceptive material

Screening

Vaccines

GAT Setúbal

Main office: Av. da Bela Vista, n.º28 D-11
(acesso pela Rua do Moinho) 2910-421 Setúbal
Contact: 910 990 777
Email: gat.setubal@gatportugal.org

Distribution of informative material

Distribution of prevention material

Screening |Hospital referral

PrEP/PEP referral

Contraceptive material

Screening

Risk reduction in substance use

Apartment visits (outreach)

Associação Abraço – Centro José Luís Champalimaud (Sede – Lisboa)

Main office: Largo José Luís Champalimaud,
n.º 4A, 1600-110 Lisboa
Contact: 217 997 500
Email: geral@abraco.pt
Website: www.abraco.pt

Psychosocial support

Dentista

Distribution of informative material

Distribution of prevention material

Screening

Apartment visits (outreach)

Associação Abraço – Del. Setúbal

Main office: R. Mormugão, n.º 35, 2900-506
Setúbal
Contact: 265 228 882
Email: delegacao.setubal@abraco.pt
Website: www.abraco.pt

Psychosocial support

Distribution of informative material

Distribution of prevention material

Associação Abraço – Centro João Carlos (Delegação Norte)

Main office: R. de Vila Nova, n.º 315, 4100-504 Porto
Contact: 223 756 655
Email: delegacao.norte@abraco.pt
Website: www.abraco.pt

Psychosocial support

Apartment visits (outreach)

Associação Abraço – Centro de Rastreio Comunitário Braga

Main office: Praceta Padre Diamantino Martins,
n.º17, 4700-438 Braga
Contact: 917 778 781
Email: ccbraga@abraco.pt
Website: www.abraco.pt

Psychosocial support

Distribution of informative material

Distribution of prevention material

PrEP/PEP referral

Screening

Associação Abraço – Centro de Rastreio Comunitário Porto

Main office: Rua da Torrinha, n.º 254 D,
4050-610 Porto
Contact: 912 444 300
Email: centrocomunitario@abraco.pt
Website: www.abraco.pt

Psychosocial support

Distribution of informative material

Distribution of prevention material

PrEP/PEP referral

Screening

Associação Abraço – Centro de Rastreio Comunitário Aveiro

Main office: Rua Conselheiro Luís de Magalhães, n.º 37, Loja D, 3800-137 Aveiro

Contact: 937 157 270

Website: www.abraco.pt

Psychosocial support

Distribution of informative material

Distribution of prevention material

PrEP/PEP referral

Screening

Irmãs Oblatas – CAOMIO

Main office: Rua Antero de Quental n.º 6- A 1150-043 Lisboa

Contact: 9617 932 25 / 218 880 192

Email: centrocaomio@sapo.pt

Website: www.oblatasportugal.pt

Psychosocial support

Legal support

Distribution of informative material

Distribution of prevention material

PrEP/PEP referral

Screening

Mobile unit

Apartment visits (outreach)

Equipa de Intervenção Directa – Florinhas do Vouga

Main office: Rua de Espinho n.º 31, 3810-114 Aveiro

Contact: 963 727 023 / 234 482 235

Email: eidaveiro@gmail.com

Website: www.florinhasdovouga.pt

Psychosocial support

Distribution of informative material/ preventivo

PrEP/PEP referral

Screening

Ser +

Main office: Rua André Homem, Edifício SER+, n.º 60, 2750-783 Cascais

Contact: 214 814 130 / 917 553 488
910 90 5974

Email: sermais.org@sermais.pt

Website: www.sermiais.pt

Psychosocial support

Legal support

Distribution of informative material

Distribution of prevention material

PrEP/PEP referral

Screening

Pregnancy Tests

Mobile unit

Porto G

Main office: Alameda Jean Piaget, n.º100, apt. 1523, 4411-801 – Arcozelo, Vila Nova de Gaia, Portugal

Contact: 927 952 067 / 962 301 076

Email: portog@apdes.pt

Website: www.apdes.pt

Psychosocial support

Legal support

Gynaecology/Urology/General Practice Consultations

Distribution of informative material/ preventivo

PrEP/PEP referral

Screening

Pregnancy Tests

Mobile unit

Vaccines

Apartment visits (outreach)



Médicos do Mundo - Representação Barcelos

Main office: Campo 25 de Abril, n.º 41,
4750-127 Barcelos

Contact: 934 784 654

Email: saudeemequipaderua@
medicosdomundo.pt

Website: www.medicosdomundo.pt

Psychosocial support

Psychosocial support

Nursing Care

Distribution of informative material

Distribution of prevention material

PrEP/PEP referral

Reducing risks substance
consumption

Mobile unit

Apartment visits (outreach)

Médicos do Mundo - Representação Porto

Main office: Rua dos Mercadores, n.º 140,
1º e 3º andar, 4050-374 Porto

Contact: 229 039 064

Email: mdmp-porto@medicosdomundo.pt

Website: www.medicosdomundo.pt

Psychosocial support

Distribution of informative material

Gynaecology / Urology / General Practice
Consultations

Distribution of prevention material

PrEP/PEP referral

Screening

Reducing risks substance
consumption

Mobile unit

Vaccines

Espaço Liv(r)e - Associação Plano i

Main office: Rua de Baixo n.º 6, 4050-086 -
Porto

Contact: 222 085 052

Email: livre@associacaoplanoi.org

Website: www.associacaoplanoi.org/espaco-livre-
ikea

Psychosocial support

Legal support

Psychosocial support

Distribution of informative material

Distribution of prevention material

Therapeutic group| Screening

LGBTI Resources

UNi+ - Associação Plano i

Main office: Rua Santa Margarida, n.º 2 A - 3.º
Dto. Sala 3. 4710-306 - Braga

Contact: 932 698 756

Email: unimais@associacaoplanoi.org

Website: www.associacaoplanoi.org/uni

Psychosocial support

Distribution of prevention material

Therapeutic group

LGBTI Resources

Centro Gis - Centro de Repostas às Populações LGBTI

Main office: Centro Comercial Antiga Câmara:
Rua Brito Capelo, n.º223, Loja 40, 4450-073
Matosinhos

Contact: 966 090 117

Email: gis@associacaoplanoi.org

Website: www.associacaoplanoi.org/centrogis

Psychosocial support

Psychosocial support

Gynaecology / Urology / General Practice
Consultations

Distribution of informative material

Distribution of prevention material

LGBTI Resources

APF Lisboa, Tejo e Sado

Main office: Rua Eça de Queiroz, n.º 13 – 1º

1050-095 Lisboa – Zona do Conde

Contact: 213 832 392

Email: apflisboa@apflisboa.net

Website: www.apf.pt/quem-somos/delegacoes/apf-lisboa-tejo-e-sado

Psychosocial support

Legal support

Distribution of informative material

Distribution of prevention material

PrEP/PEP referral

Screening

Mobile unit

Apartment visits (outreach)

APF Alentejo – Projeto Proximus Litoral

Main office: R. de Serpa Pinto n.º 111, 7000-537 Évora

Contact: 266 785 018 | 914 327 339

Email: apfalentejo@sapo.pt | proximus.apf@sapo.pt

Website: www.apf.pt/-alentejo

Psychosocial support

Distribution of prevention material

PrEP/PEP referral

Screening

Mobile unit

Aquém e Além Margens - Risco 0 | APF Algarve

Main office: Rua Monsenhor Henrique Ferreira da Silva, n.º 9, 8005-137 Faro (Edifício Ninho de Empresas – Centro de Incubação de Faro)

Contact: 912 192 800 / 289 863 300

Email: aam@apf.pt

Website: www.apf.pt/quem-somos/delegacoes/apf-algarve

Psychosocial support

Distribution of informative material

Distribution of prevention material

Hospital referral

PrEP/PEP referral

Contraceptive material

Screening

Mobile unit

Pojeto Rio - APF Algarve

Main office: Rua do Povo, Lote 2 Loja 1, 8500-425 Portimão

Contact: 912 192 809

Email: rio.apf@gmail.com

Website: www.apf.pt/quem-somos/delegacoes/apf-algarve

Psychosocial support

Distribution of informative material

Distribution of prevention material

Screening

Hospital referral

Risk reduction in substance use

Contraceptive material

AJPAS

Main office: Damaia – Estrada Militar da Damaia n.º 23-A. 2720-373 Amadora; Mira-Sintra – Rua Barbosa Du Bocage N.º 18 (Traseiras), Mira-Sintra. 2735-389 Agualva-Cacém

Contact: 925 370 181

Email: riscoseduvidas@gmail.com

Website: www.ajpas.org.pt

Psychosocial support

Distribution of informative material

Distribution of prevention material

Screening

Hospital referral

Risk reduction in substance use

Contraceptive material



Fundação Portuguesa “A Comunidade Contra a SIDA” – Delegação Madeira

Main office: Rua Doutor Fernando Rebelo,
Bloco 13 e 14, R/C Poente, 9000-153 Funchal
(Complexo Habitacional Santo Amaro)

Contact: 291 623 113

Website: www.fpccsida.org.pt/

Psychosocial support

Distribution of informative material

Distribution of prevention material

Screening

Hospital referral

Risk reduction in substance use

Contraceptive material

Fundação Portuguesa “A Comunidade Contra a SIDA” – Delegação Setúbal

Main office: Rua da Sociedade Municipal
Capricho Setubalense, n.º 32, 2900-643
Setúbal

Contact: 265 235 525

Website: www.fpccsida.org.pt/

Psychosocial support

Distribution of informative material

Distribution of prevention material

Screening

Hospital referral

PrEP/PEP referral

Legal support

Dentista

Fundação Portuguesa “A Comunidade Contra a SIDA” – Delegação Lisboa

Main office: Praça António Sardinha, n.º 9,
1º andar, 1170-028 Lisboa (Edifício Central da
Graça)

Contact: 213 540 000

Website: www.fpccsida.org.pt/

Psychosocial support

Distribution of informative material

Distribution of prevention material

Screening

Hospital referral

PrEP/PEP referral

Legal support

Dentist

Fundação Portuguesa “A Comunidade Contra a SIDA” – Delegação Beira Alta

Main office: Avenida 1º de Maio, n.º 75, Seia,
6270-479 Guarda (Elo Comum)

Contact: 238 310 230 – Ext 761

Website: www.fpccsida.org.pt/

Psychosocial support

Distribution of informative material

Distribution of prevention material

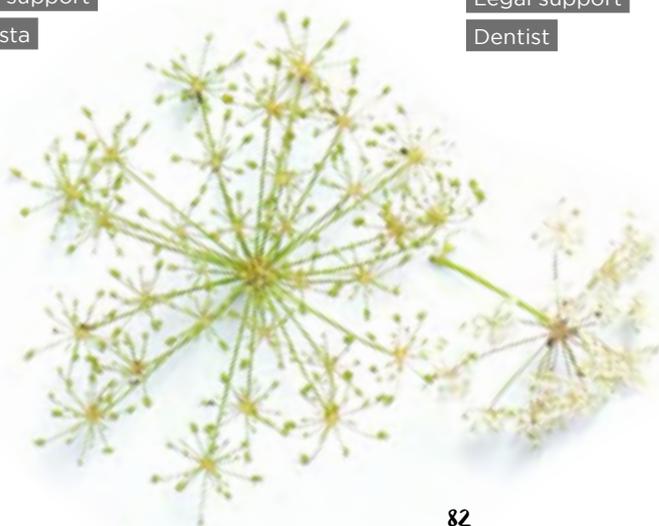
Screening

Hospital referral

PrEP/PEP referral

Legal support

Dentist



Fundação Portuguesa “A Comunidade Contra a SIDA” – Delegação Coimbra

Main office: Avenida Bissaya Barreto, n.º 52,
3000-075 Coimbra

Contact: 239 842 131

Website: www.fpccsida.org.pt/

Psychosocial support

Distribution of informative material

Distribution of prevention material

Screening

Hospital referral

Risk reduction in substance use

Contraceptive material

Fundação Portuguesa “A Comunidade Contra a SIDA” – Delegação Norte (Porto)

Main office: Rua da Fábrica Social, n.º 17, 1º
andar, 4000-201 Porto

Contact: 222 088 646

Website: www.fpccsida.org.pt/

Psychosocial support

Distribution of informative material

Distribution of prevention material

Screening

Hospital referral

PrEP/PEP referral

Legal support

Dentist

Mobile unit

Apartment outreach

Centro Comunitário de Esmoriz – Dá a Volta!

Main office: Av. Joaquim Oliveira e Silva, n.º
179-A, 3886-909 Esmoriz

Contact: 915 135 439

Email: daavolta@gmail.com

Website: <http://ccesmoriz.pt>

Psychosocial support

Gynaecology/Urology Consultations

Risk Reduction in substance use

Pregnancy tests

Distribution of prevention material

Screening

Hospital referral

PrEP/PEP referral

Legal support

Mobile unit

Vaccines

Red Light – Positivo

Main office: Rua David de Sousa, n.º 13 A/B,
1000 -105 Lisboa

Contact: 960 238 925

Email: saude@positivo.org.pt

Website: <https://positivo.org.pt/red-light>

Facebook: [www.facebook.com/](http://www.facebook.com/AssociacaoPositivo)
AssociacaoPositivo

Psychosocial support

Nutrition Consultations

Psychology Consultations

Gynaecology/Urology/General Practice
Consultations

Distribution of informative material

Distribution of prevention material

Screening

Hospital referral

PrEP/PEP referral

Social services

Legal support

Apartment outreach



Programa Autoestima – Centro de aconselhamento de Matosinhos

Main office: Rua Alfredo Cunha, nº367, 4450-150 Matosinhos

Contact: 964 713 374 | 220 045 080

Email: autoestima.mato@arsnorte.min-saude.pt

Website: www.arsnorte.min-saude.pt/promocao-da-saude/autoestima

Psychosocial support

Psychology Consultations

Gynaecology/Urology/General Practice Consultations

Contraceptive Material

Social services

Pregnancy Tests

Distribution of informative material

Distribution of prevention material

Screening

Hospital referral

PrEP/PEP referral

Mobile unit

Vaccines

Programa Autoestima – Centro de aconselhamento de Braga

Main office: Praceta do Vilar S/N 4710-453 S. Victor – Braga

Contact: 253 278 206

Email: braga.autoestima@gmail.com

Website: www.arsnorte.min-saude.pt/promocao-da-saude/autoestima/

Psychosocial support

Psychology Consultations

Gynaecology/Urology/General Practice Consultations

Contraceptive Material

Social services

Pregnancy Tests

Distribution of informative material

Distribution of prevention material

Screening

Hospital referral

PrEP/PEP referral

Mobile unit

Vaccines

Equipa de Rua Reduz – Cáritas Coimbra

Main office: Terreiro da Erva, Quintal do Prior n.º 7 a 11, 3000-339 Coimbra

Contact: 239 855 170 | 968 120 429

Email: gatup@caritascoimbra.pt

Website: https://caritascoimbra.pt

Psychosocial support

Psychology Consultations

Nursing Care

Distribution of informative material

Distribution of prevention material

Screening

Hospital referral

PrEP/PEP referral

Risk reduction in substance use

Mobile unit

Apartment outreach

Acompanha

Main office: Av. do Porto de Pesca Lt. B, 2520-620 Peniche

Contact: 262781706 | 936027603

Email: geral@acompanha.pt ;

sidadealerta@acompanha.pt

Facebook: www.facebook.com/Acompanha

Distribution of prevention material

Screening

Hospital referral

PrEP/PEP Referral

Mobile unit



Cruz Vermelha Portuguesa Gondomar-Valongo

Main office: Rua do Mercado, lojas 3 -4 e 5
(Mercado Municipal de Ermesinde) 4445-508
Ermesinde

Contact: 911545832

Email: dg.v.pricruzarcaminhos@cruzvermelha.org.pt

Site: <http://gondomar.cruzvermelha.pt>

Social Support

Prevention material

Informative material

CISS PORTO

Main office: Rua da Constituição,
n.º1656, 4250-162 Porto

Contact: 220 412 250 | 1 | 2

Email: cissporto@arsnorte.min-saude.pt

Psychosocial support

Psychology Consultations

Distribution of prevention material

PrEP/PEP referral

Gynaecology Consultations

Screening/ Mobile unit

CAOMIO

Main office: Rua Antero de Quental, 8-A -
Lisboa

Contact: 961 793 225 | 218 880 192

Email: centrocaomio@sapo.pt

Psychosocial support

Psychology Consultations

Distribution of prevention material

PrEP/PEP referral

Hygiene (bathing and washing clothes)

Social Support

Food Bank

Street Team

Projeto Bússola

Main office: Largo da Casa do Povo,
4800-180 Fermentões, Guimarães

Contact: 915 986 853

Email: bussola@somoscpf.pt

Psychosocial support

Psychology Consultations

Support for LGBTI people

Support for victims of violence

Training and awareness actions

Mundo a Sorrir- C.A.S.O. Cascais

Main office: Rua Bombeiros Voluntários n.º 159
e n.º159 A, 2645-030 Alcabideche

Contact: 214 607 368

Email: casocascais@mundoaosorrir.org
coordenacao.cascais@mundoaosorrir.org

Psychosocial support

Dental Medicine Consultations

Acrylic dentures

Mundo a Sorrir- C.A.S.O. Lisboa

Main office: Calçada do Moinho de Vento, n.º 1,
1150-225 Lisboa

Contact: 939 607 856

Email: casolisboa@mundoaosorrir.org
andre.sousa@mundoaosorrir.org

Psychosocial support

Dental Medicine Consultations

Acrylic dentures

Mundo a Sorrir- C.A.S.O. Braga

Main office: Rua Prof. Machado Vilela, n.º 120,
Gabinete Municipal de saúde, Shopping Santa
Tecla, 4715 - 045 Braga

Contact: 253 277 099

Email: casobraga@mundoaosorrir.org
coordenacao.braga@mundoaosorrir.org

Psychosocial support

Dental Medicine Consultations

Acrylic dentures

Mundo a Sorrir- C.A.S.O. Porto

Main office: Rua Costa Cabral, n.º 1659,
Hospital Conde de Ferreira, 4200-227 Porto

Contact: 934991793 | 220734056

Email: clinica@mundoaosorrir.org|projetocaso@mundoaosorrir.org

Psychosocial support

Dental Medicine Consultations

Acrylic dentures

Associação CRESCER

Main office: Rua Quinta do Cabrinha loja 3 E/F

Contact: 967120379

Email: info@crescer.org

Psychosocial support

Social support

Screening

Treatment for Hepatitis C

Associação Existências

Main office: Av. Emídio Navarro, n.º 81 - 2.º A
3000-151 Coimbra

Contact: 239 837 033 | 965 592 651

Email: a.existencias@gmail.com

Psychosocial support

Psychological Support

Distribution of prevention and informative material

HIV, HepB/C and Syphilis Screening

Hospital Referral

PRoP Routing - PEP

Harm Reduction in substance consumption





EMERGENCY CONTACTS

European Emergency Number

112 (Available 24 hours a day)

Saúde 24 – SNS 24 (National Health System emergency number)

808 24 24 24 (Available 24 hours a day)

Centro de Informação Anti-venenos – CIAV (Antivenom Centre)

808 250 143 (Available 24h a day)

Linha de Incêndio Florestal (Forest Fire Line)

117 (Available 24 hours a day)

SMS Segurança

961 010 200 (Available 24 hours a day)

When the traditional channel is not the most suitable, you can choose to write a message to this number asking for help.

Linha Nacional de Emergência Social – LNES (Social Emergency Line)

144 (Available 24 hours a day)

APAV – Linha de Apoio à Vítima (Victim Support Line)

116 006 (Available on weekdays from 9 a.m. to 9 p.m.)

APAV – Linha Internet Segura (Safe Internet Line)

800 219 090 (Available on weekdays from 9 a.m. to 9 p.m.)

APAV – Unidade de Apoio à Vítima Migrante e de Discriminação (Migrant Victim and Discrimination

Support Unit)

213 587 914 (Available on weekdays from 10 a.m. to 1 p.m. and from 2 p.m. to 5:30 p.m.)

Sexualidade em linha (Sexuality Line)

800 222 003 (Available on weekdays from 11 a.m. to 7 p.m., and Saturdays from 10 a.m. to 5 p.m.)

Centro Gis – Centro de respostas à população LGBTI (Response Centre for the LGBTI population)

966 090 117 (Available 24 hours a day)

Centro Anti-discriminação VIH e SIDA – Linha de apoio jurídico e informativo (HIV/AIDS Antidiscrimination Centre and legal information and support line)

910 347 006 (Undefined time)

Linha Vida SOS Droga (SOS Drugs)

1414 (Weekdays from 10 a.m. to 8 p.m.)

Alcoólicos Anónimos – Linha de Ajuda (Anonymous Alcoholics)

217 162 969 (Undefined time)

Linha SOS SIDA- Liga Portuguesa Contra a Sida (SOS AIDS)

800 201 040 (Monday to Friday from 10:00 a.m. to 9:30 p.m.)

Toll-free telephone counselling line coordinated and carried out exclusively by psychologists, from a health psychology perspective regarding AIDS patients. de psicologia da saúde na área da SIDA.



HOSPITALS

Northern Region

Hospital de Santa Luzia

Estrada de Santa Luzia, 50, Viana do Castelo
258 802 100 (Available 24 hours a day)

Hospital de Braga

Rua das Comunidades Lusíadas 133, Braga
253 027 000 (Available 24 hours a day)

Centro Hospitalar do Médio Ave

Largo Domingos Moreira 30, 4780-371 Santo Tirso
252 830 700 (Available 24 hours a day)

Centro Hospitalar Póvoa de Varzim – Vila do Conde (Unidade da Póvoa de Varzim)

Largo da Misericórdia, 4490-421 Póvoa de Varzim
252 690 600 (Available 24 hours a day)

Centro Hospitalar do Porto

Largo do Professor Abel Salazar, 4099-001 Porto
222 077 500 (Available 24 hours a day)

Centro Hospitalar Universitário de São João

Alameda Professor Hernâni Monteiro, 4200-319 Porto
225 512 100 (Available 24 hours a day)

Centro Hospitalar Gaia/Espinho

Rua Doutor Francisco Sá Carneiro 4400-129, 4430-999 Vila Nova de Gaia
808 203 570 (Available 24 hours a day)

Centro Hospitalar do Tâmega e Sousa

Avenida do Hospital Padre Américo 210, 4564-007 Penafiel
255 714 000 (Available 24 hours a day)

Centro Hospitalar de Trás-Os-Montes e Alto Douro, E.P.E.

Rua dos Lagoeiros 43, Vila Real
259 300 500 (Available 24 hours a day)

Centro Hospitalar de Entre Douro e Vouga

Rua Doutor Cândido Pinho 5, 4520-211 Santa Maria da Feira
256 379 700 (Available 24 hours a day)

Central Region

Centro Hospitalar Baixo Vouga, Aveiro

Avenida Artur Ravara, 3810-193 Aveiro
234 378 300 (Available 24 hours a day)

Centro Hospitalar Universitário Cova da Beira

Centro Hospitalar Universitário Cova da Beira, EPE, Alameda Pêro da Covilhã, 6200-251 Covilhã
275 330 000 (Available 24 hours a day)

Centro Hospitalar e Universitário de Coimbra

Praceta, Rua Professor Mota Pinto, 3004-561 Coimbra
239 400 400 (Available 24 hours a day)

Centro Hospitalar e Universitário de Coimbra – Maternidade Doutor Daniel Matos

Rua Miguel Torga 1, 3000-157 Coimbra
239 403 060 (Available 24 hours a day)

Centro Hospitalar de São Francisco Leiria

Rua Fonte Cabeço d'El Rei 15, Leiria
244 819 300 (Available every day from 8am to 12am)

Centro Hospitalar de São Francisco Pombal

Rua Carlos Alberto de Mota Pinto, 120 Pombal
236 200 230 (Available on weekdays from 8:30 a.m. to 9 p.m., and Saturdays from 8:30 a.m. to 1 p.m.)

Centro Hospitalar do Oeste, E.P.E.

Unidade Caldas da Rainha

Casa Rodrigo Berquó, Rua Diário de Notícias, 2500-176 Caldas da Rainha
262 830 300 (Available 24 hours a day)

Southern Region

Centro Hospitalar Universitário de Lisboa Central

Alameda Santo António dos Capuchos, 1169-050 Lisboa
213 136 300 (Available 24 hours a day)

Hospital Santa Marta

Rua de Santa Marta, 50, 1169-024 Lisboa
213 594 000 (Available 24 hours a day)

Centro Hospitalar Universitário de Lisboa Central – Hospital de São José

Rua José Serrano, 1150-199 Lisboa
218 841 000 (Available 24 hours a day)

Centro Hospitalar de Setúbal E.P.E.

Rua Camilo Castelo Branco, Apartado 140 Setúbal
265 549 000 (Available 24 hours a day)

Unidade Local de Saúde do Litoral Alentejano, EPE

Monte do Gilbardininho, 7540-230 Santiago do Cacém
269 818 100 (Available 24 hours a day)

Hospital José Joaquim Fernandes

Rua Doutor António Fernando Covas Lima, 7801-849 Beja
284 310 200 (Available 24 hours a day)

Hospital Distrital de Lagos – Centro Hospitalar do Barlavento Algarvio

Rua do Castelo dos Governadores 14, 8600-563 Lagos
282 770 100 (Available 24 hours a day)

Centro Hospitalar Universitário do Algarve – Hospital de Faro

Rua Leão Penedo, 8000-386 Faro
289 891 100 (Available 24 hours a day)

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- Centers for Disease Control and Prevention
<https://www.cdc.gov/hiv/basics/whatishiv.html>
- World Health Organization
<https://www.who.int/health-topics/hiv-aids>

DOWNLOAD OUR APP



This APP allows you a more direct interaction with our services, and other associations that support sex workers.

You will have access to all of our partner associations that provide support in various areas to ensure access to information about safer work

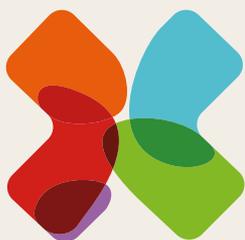
You can download the application to your cell phone from the Play Store, if you have it an Android device.

Through this link:

<https://tinyurl.com/ysp6frdx>

Or use the QR Code below.





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