

People often ask us...  
"How can I get tested for STIs in  
Nova Scotia?"



Let's start with, what exactly is a STI/STBBI...

STI stands for **Sexually Transmitted Infection** and STBBI stands for **Sexually Transmitted Blood Borne Infection**. These are infections that can be transmitted through various forms of sexual activity involving exchange of bodily fluids and sometimes skin-to-skin contact, depending on the type of infection. STIs you may have heard of are Herpes, Chlamydia, and Gonorrhea.

STBBIs are a little bit different because they are transmitted specifically through contact with contaminated blood, which can happen through sexual activity and also through things like needle sharing. STBBIs you may have heard of are HIV and Hepatitis.



What is involved in a STI/STBBI test?

The type of testing required will depend on what kind of infection you may have. Tests may include a visual exam, genital/anal/throat swabs, a pap test, urine tests or bloodwork. The kind of treatment you will need also depends on the type of infection.



**You can find out more about prevention, testing and treatment of STIs/STBBIs on our website at: [shns.ca/sti-resources](https://shns.ca/sti-resources)**

*Check out this handy flowchart  
to see where you can go to get tested*



# \* #1 Start here...



## Do you have a family doctor?

**Yes** - You can request an STI test from your doctor. If for some reason they are not able to do it they should refer you to another practitioner. If you need to be tested for an STBBI they can send you for bloodwork, and you will most likely need to make your own appointment either by phone or online. Find information on blood collection here: [www.nshealth.ca/blood-collection](http://www.nshealth.ca/blood-collection)

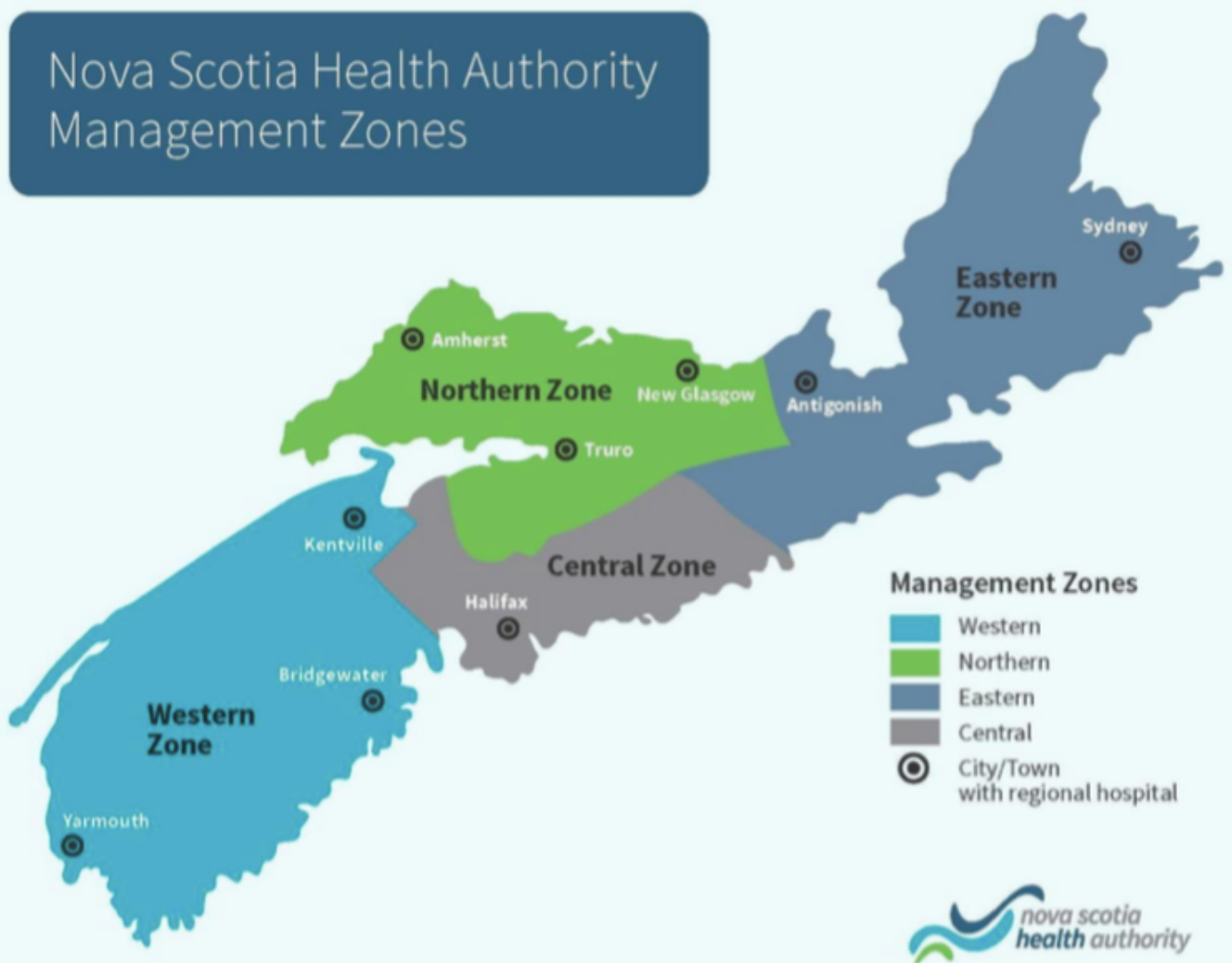
**No** - Continue to #2...



# \* #2

## Where in NS do you live?

### Nova Scotia Health Authority Management Zones



### **In the Central Zone:**

- Halifax Sexual Health Centre - [hshc.ca/](http://hshc.ca/)
- STI Clinic in the Dickson Building at the QEII - [www.nshealth.ca/service-details/STI%20and%20STD%20Clinic](http://www.nshealth.ca/service-details/STI%20and%20STD%20Clinic)
- **And continue to #3**

### **In the Eastern Zone:**

- Ally Centre - [allycentreofcapebreton.com/](http://allycentreofcapebreton.com/)
- **And continue to #3**

### **In the Western Zone:**

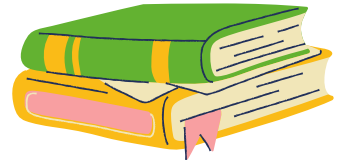
- Tri-County Women's Centre's Women's Wellness and 2SLGBTQIA+ Clinics - call (902) 742-1790
- **And continue to #3**

### **In the Northern Zone:**

- Truro Sexual Health Clinic - [www.trurosexualhealthcentre.com/home](http://www.trurosexualhealthcentre.com/home) and to make an appointment call (902) 956-1550
- **And continue to #3**



### \* #3 Are you under 30 and/or a student?



Yes –

- **In high school** – Some areas of the province have Youth Health Centres in their high schools. Not all schools have these, so check with your school to find out. Due to Covid-19 many Youth Health Centres are closed for the time being.
- **In University** – Most Universities and Colleges have their own Health Centres where you should be able to get STI testing, or be referred for tests. It is best to call your school's health centre to find out details, especially because they likely have Covid-19 measures in place and require appointments.
- **Living near Kentville** – You may be able to visit **The Red Door**, a sexual health clinic for people under 30: [thereddoor.ca/](http://thereddoor.ca/)

No - Continue to #4



### \* #4 There may be a walk-in clinic near you...

- **NSHA walk-in sites:** [www.nshealth.ca/content/walk-clinics](http://www.nshealth.ca/content/walk-clinics) and **others can be found here** (NOT a complete list): [ns.skipthewaitingroom.com/](http://ns.skipthewaitingroom.com/)
- In addition to walk-ins there are sometimes special clinics offered (may be short-term), such as Women's Wellness clinics. These vary by area and time period, but we share them as we see them on our social media (info on last page)

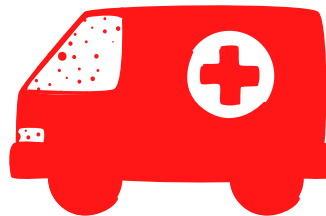
\*Not all walk-ins are the same in terms of services offered. You will have to check with your local clinic about whether they do STI testing. Due to Covid-19 protocols many walk-ins are now doing appointments. Check with your local clinic to find out the process for being seen.

If you are not able to get to a walk-in clinic, you live in an area where there currently isn't one (such as Cumberland County), or the one near you doesn't do STI testing, you may need to travel to:

- **Halifax Sexual Health Centre** - [hshc.ca](http://hshc.ca)
- **The STI Clinic in the Dickson Building at the QEII** - [www.nshealth.ca/service-details/STI%20and%20STD%20Clinic](http://www.nshealth.ca/service-details/STI%20and%20STD%20Clinic)
- **Truro Sexual Health Clinic** - [www.trurosexualhealthcentre.com/home](http://www.trurosexualhealthcentre.com/home) and to make an appointment call (902) 956-1550

**\* If none of these options are possible continue to #5**

\* #5

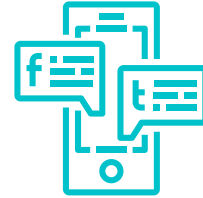
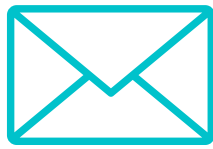


The last option is to go to your **local Emergency Room** and ask for an STI test. We have heard different results from folks doing this, so we cannot guarantee you'll be able to get tested this way.

List of Nova Scotia ERs: [www.nshealth.ca/emergency-departments-and-cecs-nova-scotia](http://www.nshealth.ca/emergency-departments-and-cecs-nova-scotia)

**You can also call 811 for health information.**

Questions? See missing information?  
Get in touch with us!



*Sexual Health Nova Scotia*  
*shns.ca*

*provincialcoordinator@shns.ca*  
*(902) 543-6900*

*On Facebook: @shnovascotia*

*On Twitter: @sexualhealthns*

*On Instagram: @sexualhealthns*

*Info on STIs: [shns.ca/sti-resources](http://shns.ca/sti-resources)*

*Info on your local Sexual Health Centre:  
[shns.ca/member-centres/](http://shns.ca/member-centres/)*