

## Molluscum is a skin infection caused by a virus.

When you have molluscum you get very small raised spots or bumps on your skin.

You can get molluscum through having sex, although you can get it in other ways as well.

Molluscum is caused by a virus.

You can get rid of the spots. The virus that causes molluscum stays in your body and lives quietly in most people. People live with the virus in their body and it does not cause any health problems.

Both men and women can get molluscum.

Usually the spots are painless but they can itch sometimes. If you scratch them they can get infected.

## If you have molluscum

The signs or symptoms are the same in both men and women.

You can get very small spots:

- On and around your genitals (penis or vagina)
- On your bottom
- On the tops of your legs

You can get a few spots first, then more sometimes appear.

Sometimes you can get the spots on other parts of the body, like your face.

Sometimes the spots may go away within a few months without treatment. They can stay longer if they are not treated.

## You can catch molluscum from:

- having vaginal, anal and oral sex with someone who has molluscum
- rubbing very closely against another person's skin during sex

You can have the virus that causes molluscum and not know you have it.


## How do you protect yourself against sexually transmitted infections?

You can get other infections through having sex.

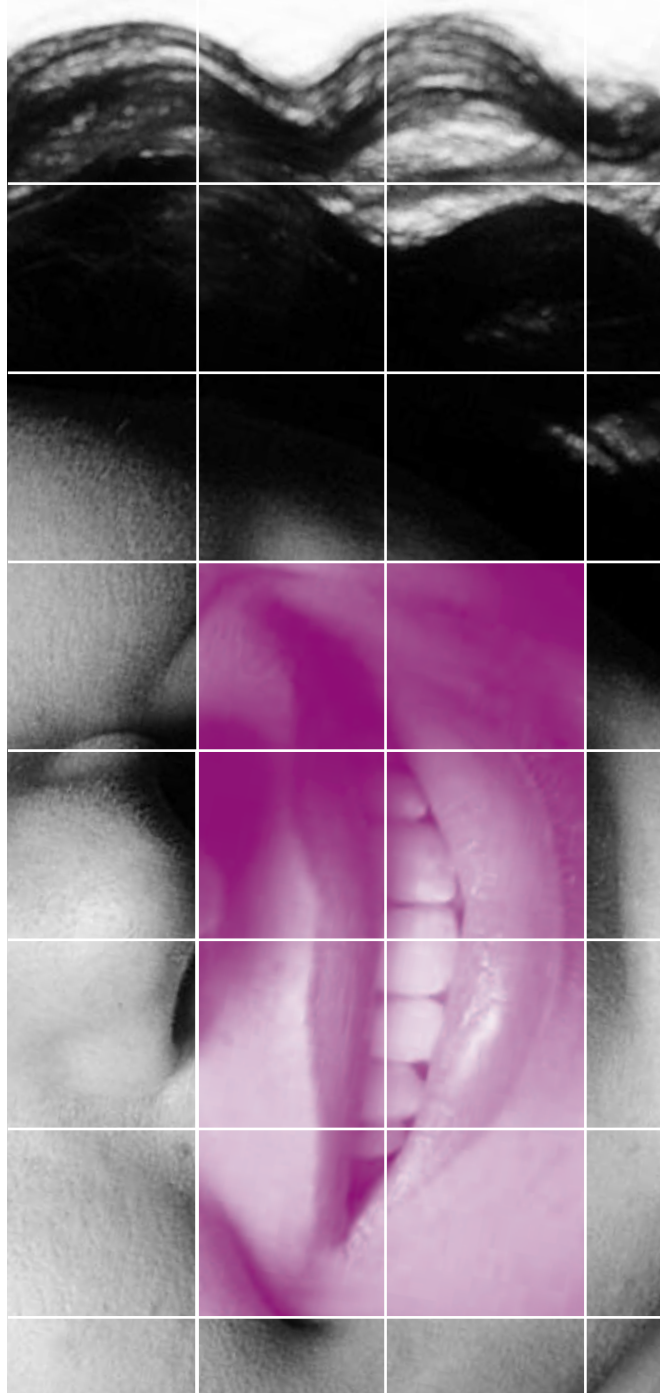
Condoms can protect you from most sexually transmitted infections and help avoid pregnancy.

You can get more than one sexually transmitted infection at a time.

When you use a condom remember to:

- not use a condom that is past its 'use by' date, which is written on the packet
- only use condoms that have this on the side 
- use a new condom each time you have sex
- put a condom on before your genitals (penis and vagina) touch

Condoms come in all shapes and sizes, so find the best one for you.



# You need to know ALL about MOLLUSCUM

## If you think you have molluscum

You can go to a sexual health clinic for a check up. You can ring for an appointment or sometimes drop in. At the clinic they will give you a simple test. If you have molluscum they may freeze the spots off with a special gas. Sometimes they may put cream or liquid on the spots.

For name and addresses of sexual health clinics you can call:

**Sexwise** 0800 28 29 30  
**Sexual Health Information Line** 0800 567 123  
**NHS Direct** 0845 4647

Or check out the websites:  
[www.ruthinking.co.uk](http://www.ruthinking.co.uk) or  
[www.playingsafely.co.uk](http://www.playingsafely.co.uk)

Sexual health clinics are confidential, so staff cannot tell anyone you have visited the clinic without your permission unless they believe you or someone else is in serious danger.

Try telling your boyfriend or girlfriend if you think you have molluscum. If you do have molluscum it's very important you tell them so you both get treatment.

**All tests and treatment at sexual health clinics are free.**

## Questions you should ask at the clinic

When you visit a clinic or your GP for a check up ask the doctor or nurse these questions.

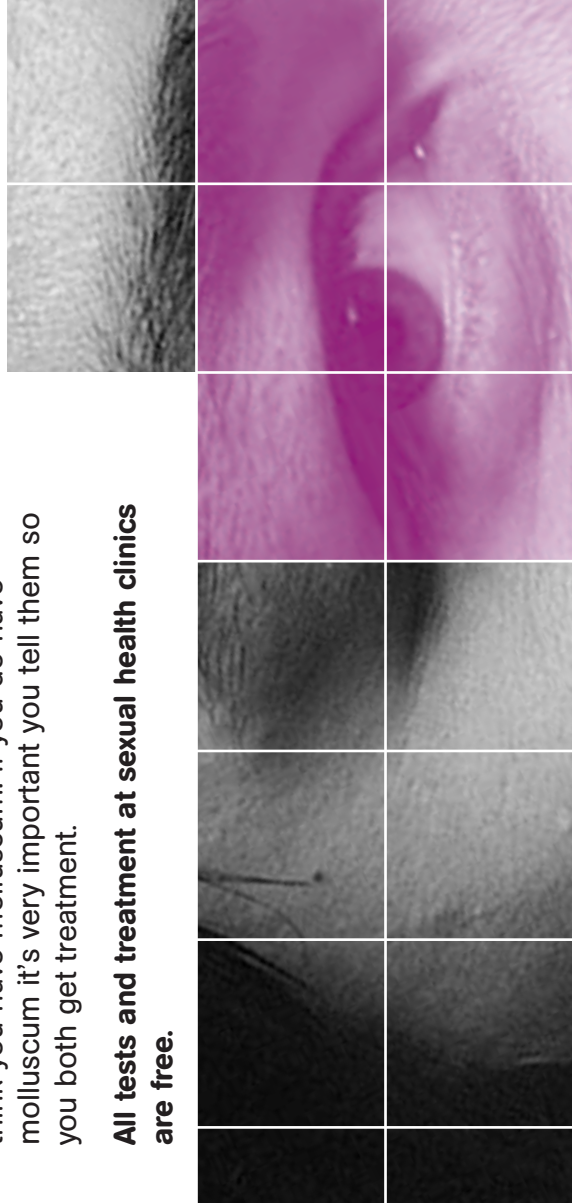
- 1 – what is wrong with me?**
- 2 – what do I need to do?**
- 3 – why is it important for me to do this?**

The doctor or nurse will be happy to answer these questions. The answers will help to explain if any thing is wrong and what you need to do to get better or stay healthy.

If you want to know more about molluscum or want any further confidential and free help and advice about sex or sexual health call **Sexwise 0800 28 29 30**.

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[www.healthfirst.nhs.uk](http://www.healthfirst.nhs.uk) March 2006



Information  
and advice



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