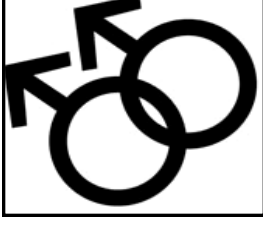


Men who have sex with men (MSM) are at a greater risk for certain STDs that are transmitted through semen & blood. Safer sex between men involves many of the same strategies as for any set of partners, & the ideas below can be part of sex without ruining the mood. Sometimes the best protection is having an honest conversation with your partner about safer sex & what behaviors you are willing to participate in.

- ♂ **Wear a condom when having either oral sex or anal sex & use a dental dam when performing analingus.**
- ♂ **Keep condoms around if the chance exists for spontaneous or unplanned sex.**
- ♂ **Use a water-based lubricant. Oil-based lubricants can degrade the condom.**
- ♂ **Never use a condom that contains Nonoxonyl-9 (N-9).**
- ♂ **If you use sex toys such as dildos or butt plugs, wash them in hot, soapy water or with a bleach solution before sharing. To increase safety use new condoms with sex toys for each partner.**
- ♂ **Generally S&M practices are safe unless blood or bodily fluids are involved (& if they're consensual, of course!)**
- ♂ **Enemas are not recommended to clean the anus & rectum because it can deplete the natural balance of the rectum & lead to infection.**
- ♂ **Never mix drugs or alcohol with sex. It can lead to risky behavior & increase the chance of disease transmission.**
- ♂ **HIV re-infection is possible. There are many strains of HIV & compounded infection affects treatment.**
- ♂ **Hepatitis A&B vaccinations are recommended for men who have sex with men. These can be obtained at the UWF Student Health Center or by your health care provider.**
- ♂ **Manual penetration (i.e. fisting or fingering) of the anus can be risky if your partner's hands have sores or open cuts. Always use latex gloves, finger cots or condoms. Never share these items between partners or body parts.**
- ♂ **Get tested before having sex with a new partner, if symptoms are present or if you feel like you may have been exposed to HIV or other STDs. It is safe & smart to talk about your sexual health, history & prevention before having sex with a new partner.**

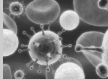



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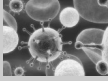

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Infection	Male to Male Transmission Possible?	Possible Transmission Routes	Prevention
Genital Herpes	Yes	Skin to skin contact, oral & anal sex	Steer clear of contact with active cold sores on the mouth, genitals & anus
HPV (Genital Warts)	Yes	Skin to skin contact, oral & anal sex, possibly sharing sex toys	Get vaccinated; avoid touching visible warts; always use a condom or dental dam
Hepatitis (A, B, C)	Hepatitis A- Yes Hepatitis B- Yes Hepatitis C- Yes	Oral & anal sex, possibly sharing sex toys	Get vaccinated; get tested; always use a condom or dental dam
HIV	Yes	Oral & anal sex, possibly sharing sex toys	Get tested; always use a condom or dental dam
Chlamydia Gonorrhea Syphilis	Yes Yes Yes	Oral & anal sex, possibly sharing sex toys	Get tested; always use a condom or dental dam

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Hepatitis (A, B, C)	Hepatitis A- Yes Hepatitis B- Yes Hepatitis C- Yes	Oral & anal sex, possibly sharing sex toys	Get vaccinated; get tested; always use a condom or dental dam
HIV	Yes	Oral & anal sex, possibly sharing sex toys	Get tested; always use a condom or dental dam
Chlamydia Gonorrhea Syphilis	Yes Yes Yes	Oral & anal sex, possibly sharing sex toys	Get tested; always use a condom or dental dam

Infection 	Woman to woman transmission possible?	Possible Transmission Route(s)	Prevention 
Genital Herpes	Yes	Skin to skin contact, whether through genital to genital contact or oral sex	Steer clear of contact with active cold sores on the mouth or lesions on/near the vulva
HPV (Genital warts)	Yes	Skin to skin contact, possibly sharing sex toys	Avoid touching visible genital warts, and/or, use a barrier for oral sex & on shared sex toys
Hepatitis (A,B,C)	Hep A – yes Hep B – rarely Hep C – unlikely, not studied	Hep A is transmitted through unprotected oral-anal contact (a.k.a. anilingus or rimming)	Use a barrier for oral-anal contact, &/or, wash anal area well beforehand with soap
HIV	Rarely, but has been documented	Via oral sex, particularly if the receiving partner has her period and/or the giver has cuts on/inside her mouth	Use a barrier for oral sex, especially if the receiving partner has her period
Chlamydia, Gonorrhea, Syphilis, PID (pelvic inflammatory disease)	Theoretically possible, not yet documented or well studied	More research needed	More research needed
Vaginitis: yeast infections & trichomoniasis. Not necessarily considered "STIs" but transmissible infections nonetheless.	Possible, not well documented, studies are underway	Sharing sex toys, genital to genital or mouth contact	Avoid sex if you or your partner has symptoms of vaginitis (itchyness, redness, bad smelling discharge) until after treatment, &/or, use a barrier on shared sex toys & during oral sex

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Infection 	Woman to woman transmission possible?	Possible Transmission Route(s)	Prevention 
Genital Herpes	Yes	Skin to skin contact, whether through genital to genital contact or oral sex	Steer clear of contact with active cold sores on the mouth or lesions on/near the vulva
HPV (Genital warts)	Yes	Skin to skin contact, possibly sharing sex toys	Avoid touching visible genital warts, and/or, use a barrier for oral sex & on shared sex toys
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See someone special?

Invest in the future & protect your sexual health.

Safer sex between two women involves many of the same strategies as for any set of partners, & the ideas below can be part of sex without ruining the mood. The causes of most concern are bodily fluids, including menstrual blood, vaginal juices, breast milk, & secretions from STI sores. Often times, the best protection is having a frank conversation with your partner about STIs, safer sex, & what behaviors you're willing to participate in.

- ▽ During oral sex, cover the entire vaginal or anal area with a dam (a square of latex), non-microwaveable plastic wrap, or a cut-open condom or latex glove. Use creative means of keeping the latex or wrap in place, such as a garter belt, to leave your hands free to roam. During vulva-to-vulva sex, a similar latex barrier can be placed over the vaginal area.
- ▽ If you use sex toys, wash them in hot, soapy water or with a bleach solution before sharing, or use fresh condoms on them for each partner.
- ▽ Generally, S&M practices are safe, unless blood or bodily fluids are involved (and they're consensual, of course!).
- ▽ Don't touch sores like herpes or genital warts.
- ▽ Keep sensitive mucous membranes (vagina, anus, mouth) away from your partner's fluids (particularly vaginal discharge and blood) by using barriers like condoms or dental dams.
- ▽ If you shave one another, use a separate razor for each partner.
- ▽ Manual penetration (i.e. fisting) of the vagina and anus can be risky if a partner's fingers or hand have sores or open cuts. If you're concerned about this, use latex gloves, condoms, or finger cots. Always use new "materials" when moving from the anus to the vagina, or between partners.
- ▽ Visit a health care provider if you notice any symptoms or think you have been exposed to get diagnosis and treatment.



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