



HIV (Human Immunodeficiency Virus) weakens your immune system, your body's built-in defence against disease and illness. If left untreated with anti-HIV drugs, your immune system generally becomes weaker over time. Eventually, you can become sick with a left-threatening infection, at which point you are said to have AIDS (acquired immunodeficiency syndrome).

VARIOUS WAYS OF FUCKING (NOW WITH LESS RISK!)



FISTING & FINGERING:

Is safe as long as you/your partner doesn't have open cuts or sores on your hands. Keep your nails trim, but don't clip them too soon before diving in. Cuts or sores on the hands or in the vagina can provide a route of transmission for infections — including HIV. Use latex gloves with plenty of lube, so as not to scratch the inside of the vagina, cervix or ass hole.



RIMMING/ASS LICKING:

No one has ever become infected with HIV through rimming, however unprotected rimming is high risk for other STI's, like gonorrhea, hepatitis (A and B), chlamydia, HPV (human papilloma virus) and syphilis. You can reduce this risk by using a latex barrier, such as a dental dam, a condom cut length-wise, or non-microwavable plastic wrap.



SEX TOYS:

Dildos, vibrators and buttplugs are safe as long as they aren't shared between partners. If you are sharing toys with partners, put a condom over the toy and be sure to change it after each use. Beware of doubling up! Sticking any toy in someone's ass and then into their vagina can pass a bacteria known as 'E. Coli' from the ass to the vag, often causing a bladder infection. Straight up — If it goes in ass, don't put it in the cunt! Or, change the condom in between orifices.



Need more HIV and/or Hep C information and resources? Contact CATIE (Canadian AIDS Treatment Information Exchange):

1-800-263-1638

www.catie.ca www.hepCinfo.ca

Brought to you by the TRIP! Project
Queen West Community Health Centre
www.trippproject.ca



EATING OUT/GOING DOWN/ORAL SEX:

Eating out is low risk for contracting HIV, However that doesn't mean it is not possible; and oral sex can be high risk for contracting other STI's. The risk for HIV and other STI's increases if the person has cracked lips, open sores around the mouth area, a throat or mouth infection, recent dental work, or even flossed or brushed their teeth beforehand. You can reduce the risk by using a dental dam, or by cutting a condom lengthwise, and laying it on your partner's cunt.

SEX WITH GUYS...

STRANGER THINGS HAVE HAPPENED!

Unprotected Vaginal sex/fucking is high risk for HIV, even if he doesn't cum inside you, as HIV is also found in pre-cum. The friction of penetration can cause tiny cuts and scrapes in the vagina, making it easy for HIV to get into your bloodstream. Use a condom and lube each time.

UNPROTECTED ANAL SEX/ASS FUCKING:

Anal sex is also high risk for HIV. The lining of the inside of your ass is very delicate and tears easily. It makes it easy for HIV to be transmitted, even if he doesn't cum inside you. Use condoms and lots of lube for maximum comfort and safety.

UNPROTECTED ORAL SEX/SUCKING DICK:

Giving Head is low risk for getting HIV. Some people have been infected by giving head, but the numbers are small. Certain situations make giving head riskier, such as mouth sores or throat infections, recent dental work, or brushing/flossing your teeth before having sex. Flavoured, non-lubricated condoms can make it a safe and tasty treat.