

10 Things Oral Sex

You need to know about

1 Throat Bugs: You **can** get sexually transmissible infections (STIs) from unprotected oral sex whether you're giving it or receiving it! It's illegal to work in Victoria if you know you have chlamydia, gonorrhoea, syphilis, or visible herpes or warts lesions and they can all be transmitted through oral sex.

2 Spit or Swallow? There's no difference between spitting and swallowing when it comes to your safety! STIs contained in cum can enter your body through tiny cuts and grazes in your mouth. Chlamydia and gonorrhoea love living in your warm throat. Even if he doesn't cum in your mouth, it's still risky! Pre-cum contains lots of nasty STIs, and herpes and warts can be transmitted from skin-to-skin contact – ew!

3 Baby Bonus You can't get pregnant from unprotected oral sex, but you can still get STI's! Don't make the mistake of thinking it's safe.

4 Rubber to the rescue! Condoms and Dams help protect you from STIs when performing oral. Use new condoms every time for oral sex on men and new dams or condoms cut down the middle every time for oral sex on women. Remember to also use dental dams or cut condoms for rimming. Condoms at work don't only protect yourself—they protect your partner, with whom you may not be using condoms.

5 Pearly Whites Brushing and flossing your teeth, while fantastic for your dental hygiene, increases the risk of catching STIs. Make sure you don't brush or floss while you're on shift.

6 Do you know where those bits have been? Rates of STIs in lots of communities are increasing! Even if your client is a regular, you don't know if your client has been having sex with men, women or anyone else! Work it safe and use protection!

7 Swab that throat! Your regular monthly swabs may not be finding all the bugs! Ask your doctor or nurse to swab the back of your throat to rule out any nasties.

8 Double Trouble Lots of clients ask for lesbian or doubles. If doubles involve oral sex, make sure you use protection. STIs—particularly shedding viruses like herpes and warts - love being transmitted this way.

9 The Myth of Mouthwash Mouthwash freshens your breath and keeps your gums healthy, but it doesn't prevent STIs. Mouthwash will not kill STIs transmitted by oral sex—only condoms and dams will help you prevent transmission.

10 Looks can be deceiving... As you know, there are many STIs that you can't see. Check out the RhED STI workshop—work confidently and work safe.

CHANGE ACTIVITY, CHANGE CONDOM!

Remember: If a condom breaks while you're performing oral, spit out any excess semen and rinse your mouth out with water.

