



NORTH  
**Dakota** | Health  
Be Legendary.™

**STDs AND ORAL SEX** | WHAT YOU NEED TO KNOW  
**BE INFORMED. REDUCE RISK.**



**CHECK**  
FOR RIPS OR HOLES



**CHECK**  
EXPIRATION DATE



**STORE**  
IN COOL DRY PLACE

## LET'S TALK ORAL.

Oral sex is when someone puts their lips, mouth or tongue on the genitals or the anus of another person. Sexually transmitted diseases (STDs) can be spread during oral sex.

- STDs can be spread during oral sex even when the infected partner has no signs or symptoms. If you are infected with an STD, you might not know it because many STDs may have no symptoms.
- You can get an STD in your mouth or throat from giving oral sex to a partner with a genital or rectal infection.
- You may also get an STD from getting oral sex from a partner with a mouth or throat infection.
- You can have an STD in more than one area at the same time, for example, in the throat and the genitals.
- **Using a condom, dental dam or other barrier method every time you have oral sex can reduce the risk of giving or getting an STD.**
- To find confidential STD testing near you, go to [www.gettested.cdc.gov](http://www.gettested.cdc.gov).

**1 IN 2**

**SEXUALLY ACTIVE PEOPLE  
WILL GET AN STD  
BY AGE OF 25**



# MYTHS ABOUT SEX

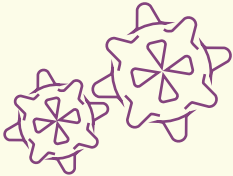
There is a lot of misinformation out there about, sex, sexual health and STDs. Here are a few common myths and facts about oral sex.

<p><b>MYTH</b></p> <p>You can't get an STD just through oral sex.</p>	<p><b>FACT</b></p> <p>During oral sex, you can give your partner your STDs and you can get theirs.</p>
<p><b>MYTH</b></p> <p>Oral sex is not "real sex."</p>	<p><b>FACT</b></p> <p>Oral sex is just as real as vaginal and anal sex</p>
<p><b>MYTH</b></p> <p>I can't get HIV during oral sex.</p>	<p><b>FACT</b></p> <p>Though risk is lower than vaginal or anal sex, you are still at risk of getting HIV during oral sex.</p>
<p><b>MYTH</b></p> <p>There isn't any protection for oral sex.</p>	<p><b>FACT</b></p> <p>Dental dams should be used as a barrier during oral sex to protect yourself from acquiring STDs.</p>



# Common STDs

Many STDs can be spread through oral sex. During oral sex, these STDs may infect your throat or mouth while giving oral sex, or you may get genital infections from receiving oral sex from someone with a throat infection. **Remember**, STDs can be spread between partners even when the infected partner has no signs or symptoms.



**HERPES**



Many people have no symptoms. Even without symptoms, herpes can still spread to sex partners. Outbreaks of herpes occur when people have blisters and painful sores.



**No cure. Antiviral medicine can prevent or shorten outbreaks.**

Oral herpes can result in cold sores or fever blisters on or by the mouth. You can get oral herpes on your genitals if you receive oral sex from an infected partner.

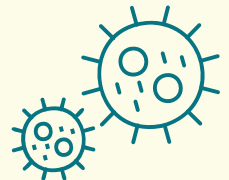
**Most throat infections have no symptoms. If you do have symptoms, you may have a sore throat.**



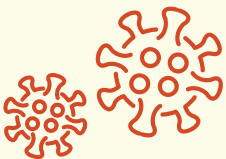
Chlamydia and Gonorrhea can be **cured** with antibiotics.



If untreated, it can lead to pelvic inflammatory disease (PID) and ectopic pregnancy.



**CHLAMYDIA & GONORRHEA**



**HIV**



**You may get flu-like symptoms at the time of infection. The only way to know you are infected is to get tested!**



There is no effective cure for HIV. But with proper medical care, HIV can be controlled. Those on treatment can have no detectable virus and thus not spread HIV through sex.

Risk of HIV from oral sex is low, yet possible.





**Get Tested.** If the only type of sex you are having is oral sex, you still may benefit from yearly STD screening. Talk to your health-care provider about the type of sex you are having to ensure you are tested appropriately. If you are giving oral sex, you need an **oral swab** to be tested for some STDs.

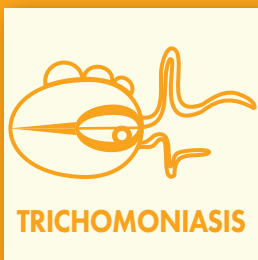
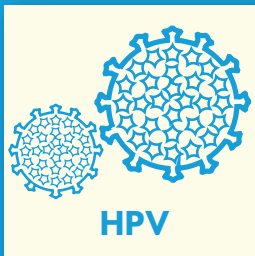


Those with HPV may have no symptoms. It may cause genital warts which may appear as a small bump or group of bumps in the genital area.



HPV vaccine is routinely recommended for everyone 11 - 12 years old but is also available for anyone up to 45 years.

HPV is the leading cause of cervical cancer. It also can cause cancer of the vagina, penis, anus and back of the throat.



Most people don't have symptoms. Symptoms may include discharge from vagina or penis or discomfort when urinating.



Medication can cure infection.

Giving oral sex to infected partner may lead to infection in the throat.



Early infection can have these symptoms:

- Sores, usually firm, round and **painless**
- Rash - may be on the palms of hand and/or soles of feet or on other parts of the body
- Swollen lymph nodes, fever



Syphilis can be cured with antibiotics. Without treatment, syphilis may last years and can spread throughout the body causing severe illness.

Syphilis can cause babies to be born early or be stillborn.



SYPHILIS



# USING DENTAL DAMS

Dental dams and condoms should be used as a barrier during oral sex to protect yourself from acquiring STDs. For oral sex on the penis, you can cover the penis with a condom or a dental dam. Dental dams are latex or polyurethane sheets used between the mouth and vagina or anus during oral sex. Ask your healthcare provider for free dental dams.

## Dental Dam Do's and Dont's

**DO** use a new latex or polyurethane dental dam every time you have oral sex.

**DO** read the package and check the expiration date.

**DO** make sure there are no tears or defects.

**DO** put on before starting oral sex and keep it on until finished.

**DO** use water-based or silicone-based lubricant to prevent breakage.

**DO** store dental dams in a cool, dry place.

**DON'T** reuse a dental dam.

**DON'T** stretch a dental dam, as this can cause it to tear.

**DON'T** use nonoxynol-9 (a spermicide), which can cause irritation.

**DON'T** use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the dental dam to break.

**DON'T** flush dental dams down the toilet as they may clog it.

## DIY DENTAL DAM FROM CONDOM

If you don't have access to dental dam, you can use a condom to make your own. Be sure the condom is made of latex or polyurethane.

- 1** Carefully open package, remove condom, and unroll.
- 2** Cut off tip of condom.
- 3** Cut off bottom of condom
- 4** Cut down one side of condom.
- 5** Lay flat to cover area of contact.



1

Carefully open dental dam and remove from package.



2

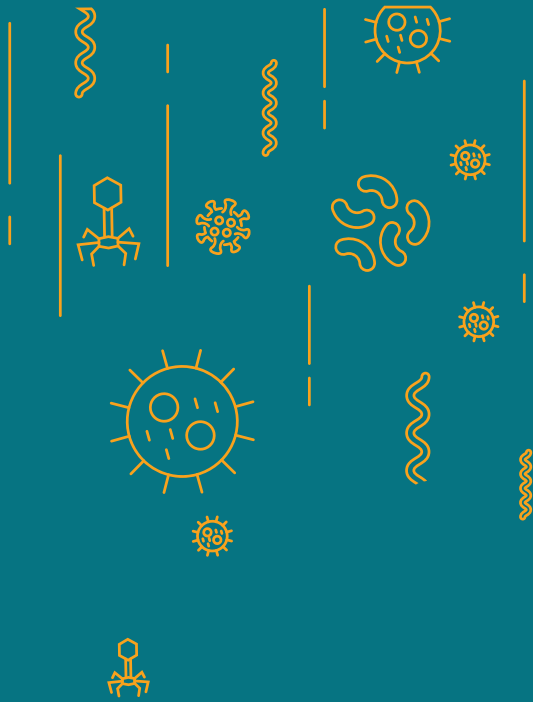
Place dental dam flat to cover area of contact.



3

Throw away used dental dam in trash.





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North Dakota Dept. of Health  
Division of Disease Control  
HIV, STD, Hepatitis Program  
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