Safer, Sexier Oral Sex

Many WU students know that condoms reduce the risk of infection/disease transmission associated with vaginal and anal sex, and many use them for these purposes.

Many students do not know that condoms and dams reduce risks associated with oral contact with a partner’s penis, vagina, or anus (oral sex). People do use them for this purpose.

Did you know....?

- Dams, also known as “dental dams,” are the counterpart to condoms. They are thin, square pieces of latex. They get their name from use in dental procedures.

- Condoms and dams can protect you from giving your partner genital herpes.

- Condoms and dams can protect you from getting gonorrhea in your throat and human papillomavirus (HPV) in your mouth.

- It is possible for either partner to become infected with HIV through performing or receiving oral sex. Evidence suggests that the risk is less than that of unprotected anal or vaginal sex, but the virus can be transmitted via 1) blood from one partner’s mouth entering the other partner’s body through the lining of the urethra or vagina or anus or through small cuts and open sores, or 2) the blood, semen, or vaginal fluid of one partner entering the other partner’s body through the cells lining the mouth (or any cuts or sores in the mouth or throat).

- Condoms and dams reduce the risk. (excerpted from CDC.gov)

- Condoms and dams can make the experience safer and sexier. Many students find that when they feel safe, they are able to relax, which increases their enjoyment and that of their partner.

- For oral contact with a penis, condoms provide the best protection. Use a new one each time.

- For oral contact with a vagina or an anus, dams, microwavable plastic wrap, or a condom cut into a flat surface provide the best protection. Use a new one each time.

- Water- and silicone-based lubricants inside the condom -- or on the vagina or anus -- may improve the sensation. Avoid oil-based lubricants.

- Flavored condoms are intended for oral sex. While they can be used for intercourse, the ingredients may irritate internal tissues.

- The condoms and dams available for free in the Habif Health & Wellness Center are latex. People allergic to latex may choose to purchase plastic (polyurethane).

- Effective communication with your partner is essential for a safer and more satisfying experience.

See [http://shs.wustl.edu/sex.htm](http://shs.wustl.edu/sex.htm) for more sexual health information.