

Advice on reducing the risks.

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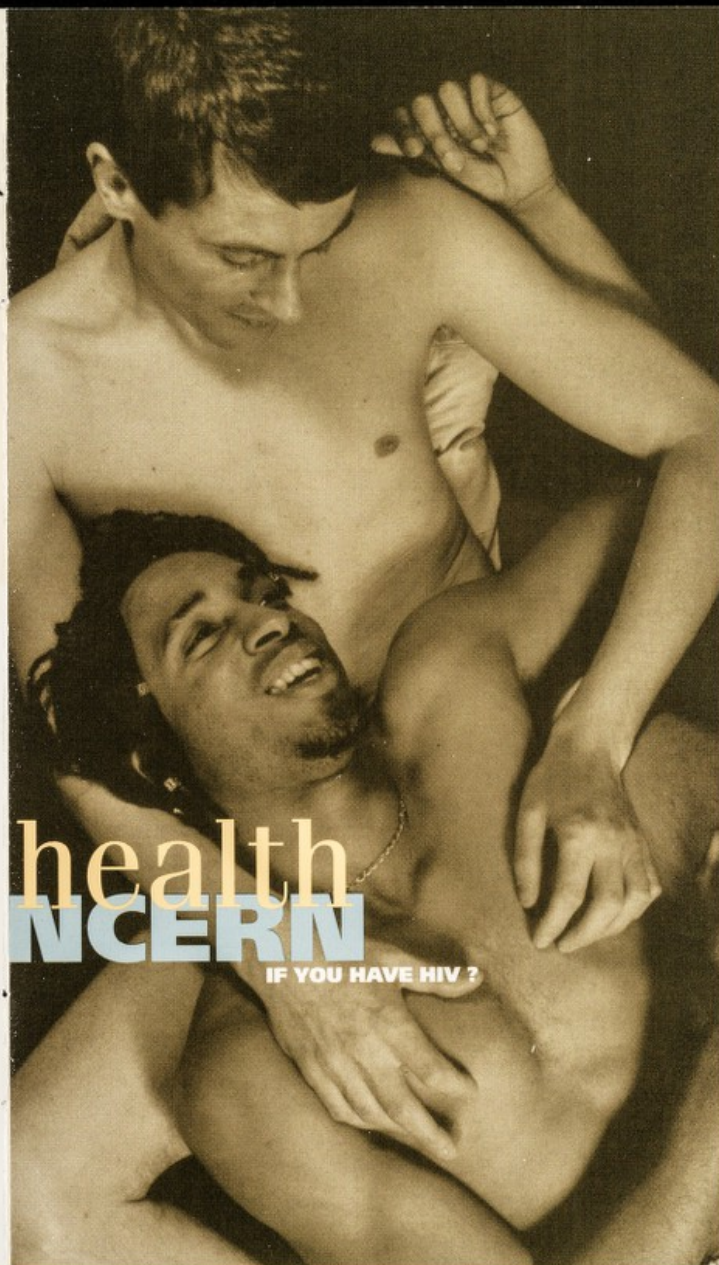
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It is possible to have an STD infection and show no signs or symptoms. Regular check ups at a GUM (STD) clinic is the best way to maintain good health. Early treatment can greatly help reduce long term problems.

THE MAIN STDS affecting GAY MEN
ARE HERPES, GONORRHOEA, HEPATITIS AND
GENITAL AND ANAL WARTS.

What do
I NEED TO BE
aware of?

HERPES cause sores around the mouth and the genitals. These can be more severe and difficult to treat if you have HIV. Any contact with the sores through fucking, sucking, rimming or touching can lead to infection. You may want to consider waiting until the sores have healed before having sex involving the affected area.



health
NCERN
IF YOU HAVE HIV ?



**RIMMING,
SUCKING,
PIERCING
AND
FUCKING**

ALL INVOLVE potential **RISKS.**

RIMMING can involve the risk of bacterial infections and parasites, such as Giardia and Salmonella. Gut infections can be very dangerous for people with HIV. Rimming may also expose you to Hepatitis. To protect yourself, you could use a dental dam or cut up condom and stretch it over the arse hole.

SUCKING can expose you to Gonorrhoea and Candidiasis (Thrush) and possibly Hepatitis B. Using a (flavoured) condom reduces the risks.

PIERCING can lead to bacterial infections and sharing needles may expose you to Hepatitis. Using clean needles reduces the risks.

Advice ON **REDUCING THE RISKS**

As an HIV positive man you need to be aware of what risks to your health are involved in sex and, if you so choose, how to minimize those risks – while still getting pleasure from what you want to do.

FUCKING

Some men with HIV choose to fuck without condoms, for many different reasons. But unprotected fucking can expose you to a wide range of STDs, Hepatitis, and also different strains of HIV (see Reinfection). Protected fucking, using strong condoms and water based lube, greatly reduces these risks.