



ST. ANN'S CORNER OF HARM REDUCTION

SACHR's Safe Sex Handbook

Created by Radhika Sahai

Facts, strategies, and stigma-free
guidance to help you stay healthy.

For more information, visit
www.sachr.org



Safer Sex

Do you have a new condom/ Dental dam / Finger Cot?

YES

NO

Condom: Check the expiration date and size. Make sure to roll the condom the correct way- the top will look like a tiny hat. Pinch the tip of the condom, leaving a little space at the top and roll the condom all the way down.

Dental Dam: Open the dental dam carefully (not with your teeth). Check for any rips or damage to the dam. Lay the dam across the vaginal or anal area.

Do you have a used condom/ Dental Dam/ Finger Cot?

NO

YES

Clean with Warm water and Soap and Reuse.

Do you have anything that can be used as a barrier? ex. Seran wrap, plastic bag, latex glove?

YES

NO

use it!

Follow These Harm Reductions tips!

Harm Reduction For

VAGINAL SEX

Your power increases as you own your role in pleasure.



BIRTH CONTROL



VAGINAL SEX

- ✓ It's possible to get pregnant before menstruating, after what you thought was menopause, and anytime in between, even if your cycles are infrequent.
- ✓ Internal condoms allow you to have control over your body- the condom is inserted in the vagina before sex. This is a good option if you want to use protection, but your partner doesn't.
- ✓ Spermicide foams, creams, jellies, and sponges are effective when used with a condom.
- ✓ Diaphragms must be used with spermicide and held in place for 8 hours after the last ejaculation- your partner will not be able to feel a diaphragm, so this is also a good option if your partner refuses to use protection.
- ✓ The pill, implants, I.U.D., and "prickpill" are all effective methods of birth control, but do not protect against STIs.

- ✓ Use lube to protect yourself from infection and reactivate lube with spit as needed.
- ✓ Urinate frequently, ideally before and after sex. Some drugs (cocaine, speed) may make it feel like you don't need to pee- do it anyway.
- ✓ Don't douche. If you must, do it after sex, not before and use a mild salt solution or white vinegar in warm water.
- ✓ Drink lots of unsweetened fruit juices (citrus, cranberry) or take vitamin C to prevent bladder and yeast infections. Too much sugar, coffee, tea, cola, cocaine, or speed will increase your chances of infection.
- ✓ Pulling out will decrease the chance of infection.

Harm Reduction For ORAL SEX



Mouth on Penis



Mouth on Vagina



Mouth on Anus

- ✓ Keep your lips, throat, and mouth as wet as possible- do not swallow your spit. Use lube when possible. Throat tissue is fragile, so try to keep contact shallow.
- ✓ Get Vaccinated for HPV. The HPV vaccine is available to people under age 26.
- ✓ It is best to immediately spit afterwards. However, if you don't have anywhere to spit, it is far better to swallow than to hold semen in your mouth. Your stomach acids will destroy most infectious agents, but holding semen in your mouth means that infections could enter through cuts in your mouth or throat.
- ✓ As soon as possible when it's over, gargle with mouth wash, hydrogen peroxide, or hard liquor.
- ✓ DO NOT brush or floss your teeth. This can create cuts in your mouth and allow infections to enter.

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- ✓ Get vaccinated for Hep A and Hep B. The vaccination is available to everyone and can be taken at any age.

Harm Reduction for

Anal Sex



ANAL SEX

- ✓ Get Vaccinated for Hepatitis A and B. Anal sex exposes you to fecal matter and other fluids that can carry hepatitis. Active hepatitis can lower your immune system and make it difficult to fight off infections.
- ✓ Douching or using enemas can strip away protective cells in the rectum. They can also cause small tears or openings as well. If you have multiple sexual partners it best to wait until you have had sex with your last partner before douching.
- ✓ Use lots of lube to serve as a barrier for infections and to prevent tears and rips. Allow enough time between sex to let any tears or other damage heal.
- ✓ To prevent infections, do not go from your ass to your mouth or vagina. Use separate hands if you are fingering between vagina and anus. If you are having sex following anal sex, change condoms.

PrEP



Pre-exposure prophylaxis (or PrEP) is a medication that can reduce the chance of HIV infection by 90% when taken properly. It is a preventative drug- you take it before engaging in risky behaviors.

PrEP is a medication for those who do not have HIV but are at high risk to contract HIV from sex or injection drug use. It is recommended you take PrEP if you are in a sexual relationship with someone who is HIV+, if you have condomless sex, or if you share needles and works.

PrEP is a medication that must be taken daily to be effective! It will take 21 days for the drug to go into effect- meaning that during the first 3 weeks that you are on PrEP you are still at risk for contracting HIV.

SACHR can often connect you to PrEP same day or next day. You can also search for PrEP locators online or talk to your Primary care.

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PEP



Post-exposure prophylaxis (or PEP) is a drug taken after you have potentially been exposed to HIV to prevent infection. PEP reduces the chance of infection by 90%.

PEP is an emergency drug that should be used if you think you have been exposed to HIV. This could be through unprotected sex, sharing needles or works, to prepare drugs, or if you have been sexually assaulted.

You must take PEP within 3 days (72 hours) of being exposed to HIV for the drug to be effective. The pill must be taken once or twice daily for 28 days.

To obtain PEP, you can go to any emergency room in New York and let them know you think you have been exposed to HIV. The emergency room will supply you with medication and information.

What is it?

Should I take it?

How often do I take it?

Where can I get it?

HEPATITIS C AND GENDER

Pregnancy

It is possible to transmit Hepatitis C from birthing parent to child. Though the chance of transmission is less than 5% , it is preferable to avoid transmission, as the children born with Hepatitis C cannot receive treatment until the age of 12 due to developmental side effects of treatment.



Menopause

Those with untreated Hep C usually enter menopause earlier. For people who have already entered menopause, liver damage may occur more rapidly, and the body may be less able to naturally clear the virus.



Pregnancy

The chance of transmission increases when the birthing parent has both HIV and Hepatitis C. Hepatitis C treatment can cause severe birth defects, so it is important to use birth control during treatment and for six months after treatment. You should use two effective forms of birth control – for example, birth control for you and condoms for your partner. Untreated Hepatitis C is associated with a higher risk of miscarriage, premature birth, and gestational diabetes.



Gender Affirming Hormones

There are no known negative interactions between Hepatitis C treatment and gender affirming hormones, though the treatment may impact hormone levels. Those taking estrogen should be closely monitored while starting or stopping hepatitis C treatment.



Radhika Sahai
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HIV and Gender



HIV and Disease

HIV related heart disease is the leading cause of death among people living with HIV. Women living with HIV are 3 times more likely to have a heart attack than a woman without HIV. Those living with HIV have a higher risk of cervical cancer. Cervical cancer is almost always caused by Human Papillomavirus (HPV) infection. For this reason, those living with HIV need to get regular Pap tests to screen for cervical cancer.

HIV and other Infections

Some STIs, like like genital herpes, pelvic inflammatory disease (PID), and chancroid can happen more often and be more severe and/or harder to treat in people living with HIV. Vaginal Yeast Infections and Bacterial Vaginosis (BV) can also occur more frequently and be harder to treat. Those living with HIV may also experience missed periods, lighter or heavier bleeding, or more severe premenstrual syndrome (PMS).

HIV and Pregnancy

Those living with HIV are strongly encouraged to take HIV medication while pregnant. This greatly reduces the chances of parent- to child transmission and does not have harmful effects on the child. If the virus levels are high or unknown, a C-section might be strongly encouraged rather than vaginal birth. Pregnant people should take HIV medication as soon as possible, and continue during and after delivery of the child.

HIV and Menopause

There is some evidence that those living with HIV may experience menopause earlier and more intensely but there is no definitive proof of this. HIV treatment is equally as effective in those experiencing menopause and treatments for menopausal issues are equally as effective in those living with HIV. Those living with HIV are also at greater risk for Osteoporosis, a disease in which the bones become weak and easier to break.

HIV and Medications

Taking HIV preventative medications such as PrEP and PEP do not impact your ability to get pregnant, impact your pregnancy, or your ability to breastfeed. These medications will also not impact contraception including emergency contraception (Plan B). There are no known interactions between PrEP and PEP and gender affirming hormones.

HIV treatment medications can reduce the effectiveness of birth control, especially birth control that contains estrogen or progesterone. Gender affirming hormones can be used safely with HIV treatment with the exception two medications : Amprenavir (Agenerase) and unboosted fosamprenavir (Lexiva).