

BUILDING A MENU OF OPTIONS (MENU 1)

This handout lists some of the prevention and harm reduction options you can choose to reduce your chances of getting an STD and/or HIV through sex or drug use. The best way to decrease your risk is to choose a prevention option. If you are not ready for a prevention option, you can still reduce risk by doing a harm reduction option.

PREVENTION OPTIONS FOR SEX—THE BEST APPROACH

- A—Avoid rectal and vaginal intercourse.** May choose to use other (outercourse) sexual techniques.
- B—Be in a mutually monogamous relationship with an uninfected partner,** in which both partners get tested and have negative results for STDs and HIV.
- C—Condoms used EVERY time with EVERY partner** for anal and vaginal intercourse.

HARM REDUCTION OPTIONS FOR SEX—THE BETTER APPROACH

Reduce the amount of HIV and STD GERM you are exposed to:

- Get tested and treated for STDs every 3 to 6 months, including throat testing (for gonorrhea), to help reduce the amount of STDs in your body.
- Use plastic wrap/dental dam for rimming (mouth-to-anal contact).
- Swish and spit—rinse mouth with mild mouthwash (or even water) and spit out right after oral sex—even if no semen (cum) is in your mouth.
- Avoid unprotected sex in the first 3 months of a relationship with a partner who is not known to be HIV-negative.
- No semen (cum) in anus, vagina, and/or throat.
- Wash skin of penis and urinate within a few minutes after penetrative oral, vaginal, or rectal sex. If uncircumcised, be sure to pull back and clean under the foreskin with mild soap—no harsh soaps or solutions and no powders except for plain cornstarch.
- Others...

Reduce the number of times you are EXPOSED and the chances that your partner has STD or HIV:

- Reduce the number of sexual partners.
- No sharing of sex toys, or clean them between uses.
- Look at partner's genitals (including anus) for sores, irritated skin, or discharge before having sex—and do not have sex if these are seen.
- Feel arms for needle scars and feel for swollen gland (lymph nodes) in groin and neck—if felt, avoid having sex with this partner.
- Avoid risky partners—trade, persons who exchange sex for drugs (cocaine, ecstasy, methamphetamine), and persons with multiple partners.
- Know your partner's HIV status.
- Know your partner has been tested for STDs.
- Others...

Make your PINK PARTS (immunity) healthier:

- Get tested and treated for STDs every 3 to 6 months, including throat (for gonorrhea)—keep the PINK PARTS healthy.
- Get tested for HIV every 3 to 6 months.
- Get Hepatitis A and B vaccines.
- Get HPV vaccine.
- Avoid unprotected oral sex if you're sick, throat is sore, gums are bleeding, etc.
- Avoid anal douching or enemas before or after sex. Use glycerin suppositories because they are gentle and lubricate.
- Avoid unprotected insertive oral, vaginal, or anal sex if skin of penis is cut, chafed, or irritated.
- If uncircumcised, pull foreskin back and wash and completely dry every day (as above, with mild soap). Put plain cornstarch (not talcum or baby powder) under foreskin to keep it dry and nonirritated.
- If you have irritated hemorrhoids, avoid receptive anal sex until they are better.
- Others...

PREVENTION OPTIONS FOR DRUG USE—THE BEST APPROACH

- Stop using drugs and alcohol on your own.
- Get into a substance-use treatment program.
- Avoid sharing needles or works.

HARM REDUCTION OPTIONS FOR DRUG USE—THE BETTER APPROACH

Reduce the amount of HIV GERM:

- Use a syringe exchange program to get clean needles and works.
- Clean works using bleach and water or boil for 10 minutes.

Reduce the number of times you are EXPOSED:

- Switch to noninjecting drugs—or use in other ways (e.g., snort, sniff).
- Use drugs or alcohol at home ALONE to reduce the chance of unsafe sex when you're high.

How to increase the health of your PINK PARTS:

- Get tested and treated every 3 to 6 months (for STDs and HIV).