

SEX TRANSMITTED INFECTIONS: HOW DO YOU REDUCE RISKS?

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In order to reduce risks of having Sex Transmitted Infections (STIs), you must follow the guidelines:

1. If you are not having sex yet, then delay having sex.
2. Sex by yourself
Known as autoerotism, solitary sexual activity is relatively safe. Masturbation, the simple act of stimulating one's own genitalia, is safe so long as contact is not made with other people's discharged bodily fluids. However, some practices, such as self-bondage and autoerotic asphyxia, are made considerably more dangerous by the absence of people who can intervene if something goes wrong.
Modern technology does permit some activities, such as "phone sex" and "cybersex," that allow for partners to engage in sexual activity without being in the same room, eliminating the risks involved with exchanging bodily fluids.
3. Non-penetrative sex: A range of sex acts, sometimes called "outercourse", can be enjoyed by lovers with significantly reduced risks of infection and pregnancy
Do other less risky sex activities like rubbing, kissing, masturbation, fingering, body rubbing without penetration, breast fondling, nipple sucking – where no semen, vaginal fluid or blood passes from one person to another .
4. Limiting fluid exchange
Various devices are used to avoid contact with blood, vaginal fluid, and semen during sexual activity:
 - a. Condoms cover the penis during sexual activity. They are most frequently made of latex, but can also be made out of polyurethane. Polyurethane is thought to be a safe material for use in condoms, since it is nonporous and viruses cannot pass through it. However, there is less research on its effectiveness than there is on latex.
 - b. Female condoms are inserted into the vagina prior to intercourse. They may also be used for anal sex, although they are less effective.
 - c. A dental dam (originally used in dentistry) is a sheet of latex used for protection when engaging in oral sex. It is typically used as a barrier between the mouth and the vulva during cunnilingus or between the mouth and the anus during anilingus.
 - d. Medical gloves made out of latex, vinyl, nitrile, or polyurethane may be used as a makeshift dental dam during oral sex, or to protect the hands during mutual masturbation. Hands may have invisible cuts on them that may admit pathogens that are found in the semen or the vaginal fluids of STD infectees. Although the risk of infection in this manner is thought to be low, gloves can be used as an extra precaution.
 - e. Another way to avoid contact with blood and semen is penetration, but not by the penis, such as using (properly cleaned) dildos or other sex toys. If a sex toy is to be used in more than one orifice, a condom can be used over it and changed when the toy is moved. Fisting (penetration by the hand), has its own risks, but the risk of HIV transfer can be reduced by latex gloves or a condom. Pegging, female-to-male anal sex with a strap-on dildo, as promoted by sex educator Carol Queen does not involve fluid transfer
5. Stick to one partner – have sex with only one partner (who only has sex with you). Both partners must be certain that they are not infected with HIV or another STI (this means both being tested and getting the results).
6. Get tested for HIV and other sexually transmitted infections
Sex by yourself