

ORAL SEX AND STIS



Many sexually transmitted infections (STIs) can be contracted or transmitted through oral sex. There are, however, several factors that could increase or decrease this risk.

Anyone who has oral sex with an infected partner could acquire an STI in the mouth, throat, genitals, anus, or rectum. The risk of contracting or transmitting an STI through oral sex depends on several factors:

- The use of barrier methods (such as condoms)
- The specific STI
- The number of sexual acts in general and the number of oral sex acts specifically
- The incidence of the STI among the population to which the sexual partner belongs
- Oral and dental health
- If there are any sores or wounds in the mouth and/or on the genitals

However, no studies have been conducted to show whether any of these risks increases the chances of becoming infected with or of transmitting STIs.

01 GENERAL ASPECTS OF STI TRANSMISSION

It is generally worth knowing that:

- Having oral sex with a partner who has a genital or ano-rectal infection (particularly on the penis) could increase the risk of acquiring an STI in the mouth or throat.
- Being given oral sex by a partner who has a mouth or throat infection may also increase the risk of acquiring an STI on the penis (and possibly in the vagina, anus, or rectum).
- It is possible to have an STI in more than one place at the same time: for example in the throat and on the genitals.
- Some STIs that can be transmitted through sex or oral sex can later spread throughout the body (e.g. syphilis, gonorrhoea, or intestinal infections).
- Anilingus, or rimming, (oral-anal sex) could also involve a risk of transmission of hepatitis A or B, intestinal parasites (such as Giardia Intestinalis) and certain bacteria (such as Escherichia coli –or E. coli– and Shigella).
- STIs can be transmitted during sexual intercourse even when the infected person shows no symptoms.
- Some STIs may increase the risk of contracting HIV.
- The risk of transmitting most STIs can be reduced using barrier methods such as condoms (both external –for the penis– and internal –for the vagina and anus–) or latex or polyurethane sheets placed between the mouth and vulva or anus. These sheets can be made by cutting a square out of a condom.
- Incorporating testing for HIV and other STIs in routine health controls could be a useful self-care strategy for sexually active people.

gt grupo de trabajo sobre tratamientos del VIH
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA
ONG DE DESARROLLO

SUBVENCIONA

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FOR SOLIDARIDAD OTROS FINES DE INTERÉS SOCIAL

MINISTERIO DE SANIDAD SECRETARÍA DE ESTADO DE SANIDAD
DIRECCIÓN GENERAL DE SALUD PÚBLICA SECRETARÍA DEL PLAN NACIONAL SOBRE EL SIDA

Generalitat de Catalunya Agència de Salut Pública de Catalunya

Generalitat de Catalunya Departament de Justícia

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Localisation of chlamydia and gonorrhoea	RISK OF INFECTION WITH CHLAMYDIA AND GONORRHOEA			
	In the person GIVING oral sex in:		In the person RECEIVING oral sex in:	
	Throat	Pene	Vagina	Ano
Penis/urinary tract	●			
Vagina/urinary tract	● *			
Anus-rectum	● *			
Throat		●	● *	● *

(*) It has not been studied in-depth

Localisation of syphilis	RISK OF INFECTION WITH SYPHILIS	
	In the person GIVING oral sex in:	In the person RECEIVING oral sex in:
Genital	●	●
Lips and mouth	●	●
Throat	●	●
Anus-rectum	●	●

Localisation of herpes (HSV 1 and 2)	RISK OF INFECTION WITH HERPES				
	In the person GIVING oral sex in:		In the person RECEIVING oral sex in:		
	Lips and mouth	Throat	Genital area	Anus-rectum	Buttocks
Lips and mouth			●	●	●
Throat			●	●	●
Genital area	●	●			
Anus-rectum	●	●			
Buttocks	●	●			

Localisation of HPV	IN THE PERSON RECEIVING ORAL SEX IN:			
	In the person GIVING oral sex in:	In the person RECEIVING oral sex in:		
	Throat	Penis or genital area	Vagina or genital area	Anus-rectum
Penis or genital area	●			
Vagina or genital area	●			
Anus-rectum	● *			
Throat		● *	● *	● *

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