



FACT SHEET – 24 July 2017

CHOOSING SAFER OPTIONS REDUCES RISK



Introduction

Over 1 million Americans are infected with HIV, most of them through sexual transmission. As many as one-fourth of these people don't even know they are infected. One in four cases of HIV infection in the U.S. now occurs in a women. Most infected women and some infected men were infected by heterosexual contact. HIV is spread between men and women. In fact, women in the U.S. and around the world are becoming increasingly affected by HIV. Over 6000 active duty sailors and marines have been infected with HIV. An estimated 19 million new sexually transmitted infections (STI), including HIV, occur each year in the United States. Experts estimate that one in four Americans will become infected with a sexually transmitted disease in their lifetime. Effective strategies for preventing these diseases are critical.

How can we reduce our risk of getting one of these diseases? What are the options?

Abstain from sex or delay sex

Refraining from having sexual intercourse with an infected partner is the best way to prevent transmission of HIV and other STIs. People can choose to not have sex. People can also decide to wait, or delay sex, until a later time in their life. They may choose to have personal relationships that do not involve sex.

Choose Outer-course vs. Intercourse

Outer-course is non-penetrative contact, such as massaging, hugging, and kissing. Non-penetrative contact vs. intercourse can eliminate transmission risk for HIV and most (though not all) STIs.

Monogamy is sex between two people, who only have sex with each other, as part of a long-term relationship. If neither partner is infected, there is no risk of disease transmission. A series of short-term relationships is not as safe because of the increased risk that one of those partners will be infected.

Use Condoms and other barriers

Although not as safe as abstinence or monogamy, the correct and consistent use of latex condoms during sexual intercourse - vaginal, anal, or oral - can greatly reduce a person's risk of acquiring or transmitting many STIs, including HIV infection. In fact, recent studies provide compelling evidence that latex condoms are highly effective in protecting against HIV infection when used for every act of intercourse. A variety of male condoms are available. Female condoms and oral barriers are also available. Condoms can reduce both the risk of pregnancy and the risk of disease transmission. Put the condom on before any vaginal, anal, or oral contact.

Condoms can be expected to provide different levels of risk reduction for different STIs. There is no one definitive study about condom effectiveness for all STIs. Several studies have demonstrated that condoms can reduce the risk of acquiring chlamydia, gonorrhea, trichomoniasis, syphilis, chancroid, herpes, Humanpapilloma Virus (HPV) and cervical cancer.

Condoms for Women. The "FC2" female condom™ is lubricated and disposable. The lubricant is non-spermicidal. One study of this condom as a contraceptive indicates a failure rate of 21-26 percent in 1 year among typical users; for those who use the female condom correctly and consistently, the rate was approximately 5 percent. Unlike the male condom, the female condom™ protects the external female





genitalia because its outer edge remains outside the vagina during sex – resulting in less skin-to-skin contact. If a male condom cannot, or will not be used, consider using a female condom.

Reduce the number of sexual partners

Many people who are infected with an STI don't know it, and you can't tell just by looking at them. The more people a person has sex with, the more likely it is that one (or more) will be infected with an STI. Though not as safe as abstinence or monogamy, reducing the number of people a person has sex with can reduce risk by reducing the number of potential exposures.

Do not have sex with “high-risk” people

You can't tell if potential partners are “high risk” just by looking at them. People who may be at higher risk of having a sexually transmitted infection include those who trade sex for money or sex for drugs, because they may have sex with many other people. Other people who may be at higher risk are people who share needles, because this activity can result in HIV, Hepatitis B and Hepatitis C infections, which can then be spread sexually. Non- monogamous men who have sex with men are also at higher risk of being infected with HIV and Hepatitis B because the risk of transmitting these viruses is greater with receptive anal intercourse than with vaginal or oral intercourse, and because some of these men may have many sex partners. Having sex with a person who is more than 5 years older than you can also involve increased risk. Though not as safe as abstinence or monogamy, avoiding sex with “high-risk” people can reduce risk of exposure to a sexually transmitted infection.

Other things that can reduce the risk of infection with HIV or other STDs are:

Consider HIV Pre-Exposure Prophylaxis (PrEP)

PrEP is daily medication used for HIV prevention by people at very high risk of getting HIV. Ask your doctor if PrEP may be right for you.

Do not share needles or “works”

The safest thing a person can do is to not inject (non-prescription) drugs. For people who do continue to inject drugs, use a new, sterile needle from a reliable source each time. HIV and other viruses can be spread whenever needles are contaminated with blood - even small quantities of blood which may not be visible to the naked eye. This is true of all needles – including needles used for steroids, tattooing or body piercing. If sterile needles cannot be used, disinfect needles and syringes before and after each use.

Stay sober - Use of drugs or alcohol can affect sexual behavior because of reduced inhibitions and clouded judgment. Stay in control – stay sober.

Get tested for HIV and syphilis every year if you are a man who sex with men or a person who has unprotected sex with multiple partners. **Get tested for chlamydia every year** if you are a women under the age of 25 or, if older than 25, you have unprotected sex with multiple partners.

Where can I get more information? Your medical care provider should be consulted if you think you may have been exposed to any sexually transmitted disease. CDC provides information through their National STD Hotline at (800) 227-8922 and their National AIDS Hotline at (800) 342-AIDS (2437).