

# DID YOU KNOW?

- Oral sex is defined as the use of the mouth, lips, or tongue to stimulate another person's genitals.
- Many people consider oral sex to be "safe" because it doesn't cause pregnancy, but did you know that almost any sexually transmitted infection (STI) that you can get on your genitals, like herpes, chlamydia, gonorrhea, and syphilis, you can also get in your mouth during oral sex?
- This is because both the mouth and genital areas are made of mucous membranes, which certain viruses and bacteria can cross to enter your body.



## SEXUAL HEALTH CLINIC

425 FIRST AVE., 4th FLOOR  
PITTSBURGH, PA 15219  
(ENTRANCE ON CHERRY WAY)  
412-578-8081

[alleghenycounty.us/sexualhealth](http://alleghenycounty.us/sexualhealth)



## CLINIC HOURS

MONDAY, TUESDAY, WEDNESDAY, FRIDAY  
9:00 A.M. - 3:45 P.M.  
THURSDAY  
11:30 A.M. - 6:15 P.M.



# ORAL SEX AND STIs



# LET'S DO IT

The Allegheny County Health Department Sexual Health Clinic provides free STI/HIV testing and treatment. We offer services both via walk-ins and appointments. To schedule an appointment or learn more, call 412-578-8081.

## **Sexual Health Clinic Services:**

- ♦ Gonorrhea, Chlamydia, Syphilis testing and treatment.
- ♦ HIV testing and prevention (PrEP and PEP).
- ♦ Hepatitis A and B testing and vaccines.
- ♦ Hepatitis C testing and treatment.
- ♦ Human Papillomavirus (HPV) vaccine.
- ♦ Cervical Cancer Screening (Pap Smear and HPV Test)
- ♦ Emergency oral contraception: ella® (ulipristal acetate) or Plan B® (levonorgestrel).
- ♦ Safer sex supplies (condoms, lubricant, dental dams, and more).
- ♦ And more!

## **TYPES OF ORAL STIs**

### **Chlamydia and Gonorrhea**

Oral symptoms include a sore, dry, or scratchy throat and redness or sores with white spots that resemble strep throat. They can be cured with antibiotics prescribed by a doctor.

### **Herpes 1 + 2**

Herpes is often the cause of cold sores around the mouth and lips and sores around the genitals. While there is no cure for herpes, cold sores around the mouth are extremely common and can be treated to reduce pain and inflammation.

### **HPV**

This is known for causing cervical cancer and genital warts, but HPV can also cause throat cancer. While many people clear the virus by themselves within 2 years, there is a vaccine that can prevent the most dangerous strains of HPV. The vaccine is typically recommended for individuals under the age of 26, but you should discuss the best option for you with your healthcare provider.

### **Syphilis**

The first symptom of syphilis is round, painless sores (called chancres) in or around the mouth and genitals. You may also experience swollen lymph nodes, skin rash, and fever. Syphilis can be cured with an antibiotic prescribed by a doctor.

### **WHAT ABOUT HIV?**

In terms of HIV transmission, oral sex is "low risk," meaning that you are unlikely to get HIV from oral sex. However, having gum disease, recent dental work, or another STI in your mouth or throat can increase your risk.

# SAFER SEX TIPS

## **USE A CONDOM**

This barrier method will protect your mouth and throat while performing oral sex on a penis. At our clinic, you can get free flavored condoms for a safer, multiflavored experience!

## **USE A DENTAL DAM**

Dental dams are thin, soft pieces of latex that protect the mouth while performing oral sex on a vulva or an anus. Dental dams come in a variety of flavors.

## **SPIT, DON'T SWALLOW**

If you don't use a condom, it is best to limit how much fluid (like semen or vaginal fluid) enters your mouth to reduce the chance of an infection growing in your mouth or throat.

