

Safer Gay Sex

TravelGayAsia 

www.travelgayasia.com



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We love sex. But sex comes with the risk of catching a disease.

Understanding the risks can help you set your limits, have more fun and keep healthy.

So here is our quick guide to safer sex, produced in partnerships with **Adam's Love** and **The Thai Red Cross AIDS Research Centre**.

This is just a brief summary. Don't use this information to try to diagnose or treat a problem. If you suspect you have a health problem then consult a health care professional.

Understanding Risk

Sexually transmitted infections (STI's), including HIV, happen when a virus or bacteria is able to :

- Exit the body of an infected person
- Enter the body of another person

Sexual activity can be generally assessed against the risks of these factors occurring.

Deep Kissing

HIV – No risk. Saliva destroys HIV.

Other STI's – Watch out for fleshy, waxy looking, pus-filled cuts or blisters around the mouth.

Licking

HIV – No to low risk, but avoid any cuts in the skin.

Other STI's – Viruses and bacteria can be transmitted to the tongue, particularly from your partners arse.

Frottage

(rubbing cocks together)

HIV – No risk, unless there are cuts or sores on the cocks.

Other STI's – Possibly syphilis, genital warts and herpes.

Mutual masturbation

HIV – No to low risk. If you cum near your partners arse or the tip of his cock then the risk increases.

Other STI's – Keep cum away from any cuts or sores, particularly on hands and fingers.

Arse play with a finger or fisting

HIV – No to low risk of HIV so long as there are no cuts or sores on the finger or arse.

Other STI's – The risk mostly relates to transferring a virus or bacteria from your finger to your mouth or eyes. Wash your hands immediately after play to reduce the risk of infection.

Rimming (mouth to arse)

HIV – No risk for HIV, unless you fuck the person before rimming as this might have caused some bleeding in the arse.

Other STI's – Significant risk of Hepatitis. Watch out for warts or other tears around the arse.

“Blow job” (mouth to cock)

HIV – No to low risk to the partner using his mouth. No risk for the man putting his cock in his partner's mouth.

Other STI's – There is a risk of catching other STI. These can be eliminated if you use a condom.

Fucking

HIV – Low risk with a condom. If the condom rips during sex then change it immediately. Wearing two condoms INCREASES the risk of infection as it is more likely that both condoms will rip. Keep a hand on the condom when inserting and pulling out to ensure it does not slip off.

HIV – High risk without a condom. You don't need to cum to get infected as HIV is transferred through small tears in the arse that regularly occur when fucking. The “top” will have a greater risk of catching HIV if they have another untreated STI.

Double penetration

HIV – High risk to all partners without condoms.

HIV – Moderate to high risk with condom. This is because increased friction between cocks increases the risk of a condom breaking and the lining of the arse tearing.

Other STI's – There is an increased risk of catching warts and herpes.

Orgy

HIV – High risk to all partners without condoms.

HIV – Moderate to high risk with condoms. This is because condom use is likely to decrease and condoms used more than once are at a high risk of breaking. Change condoms between partners.

Other STI's – Using a condom for more than one sex act can spread Hepatitis and other infections.

Watersports (urinating on your partner)

HIV – No to low risk of HIV infection. Small amounts of HIV may be present. Avoid being sprayed in the mouth, eyes, and arse or on any sores.

Facial (coming over your partners face)

HIV – Low to moderate risk. HIV can survive if enough of it gets into the eyes or mouth or any sores.

[Click here for more information on the risks of sexual activity](#)

Understanding sexually transmitted diseases

HIV

HIV is a virus that affects the body's immune system. People with HIV can go on to develop AIDS, a combination of life-threatening infections and cancers.

There is no cure, but anti-HIV drugs will keep the virus controlled. This means fewer people go on to develop AIDS.

HIV positive people who have been diagnosed and are receiving treatment can look forward to a long, healthy life.

Most sexual activity carries some risk of spreading HIV. To reduce the risk you must stop blood or sexual fluids getting into your body. Watch out for small cuts, sores or bleeding gums.

You cannot tell if someone is infected by the way they look. You cannot rely on someone telling you they are not HIV infected. They could be lying or got infected since their last test.

Just assume that your sex partner has HIV. Use a condom. Decide on your limits and stick to them.

You cannot get HIV from kissing, hugging, shaking hands, sharing household items, spitting, sneezing or coughing.

[Click here for more information](#)

PrEP-30

If you engage in high risk sexual activity then consider PrEP-30. This is a new treatment that involves taking HIV medication every day before being infected.

[More information here](#)

Anal Discharge

Have a feeling of fluid leaking from your arse? Wetness? Itching? Soreness, or pain during sex? Talk to a health care professional to get the right treatment. Causes could include anal gonorrhoea, chlamydia, ulcers, syphilis or herpes.

Gonorrhoea

Spread through sexual contact with an infected person's cock, arse or mouth. Symptoms include a burning sensation when peeing, or a white, yellow, or green discharge from the cock. Sometimes men with gonorrhoea get painful or swollen balls.

If left untreated, serious complications can occur. Condoms can reduce the risk of gonorrhoea.

Syphilis

Spread through direct physical contact with another person's syphilis sore.

Sores can occur on or in the arse, balls, cock and mouth. Some of these sores make it easier to spread HIV. Syphilis is easy to cure in its early stages.

Chlamydia

Spread through anal and oral sex where no condom is used. Chlamydia can make an HIV person more infectious to others. In men, symptoms consist of a milky discharge from the cock. Many people have no symptoms. Chlamydia is treated with antibiotics.

Genital Warts

The most common sexually transmitted infection. Warts appear as one or more small bumps on a cock or balls. They can spread to your mouth.

They are passed on through direct contact but can take weeks or months to appear after infection.

A vaccine (Gardasil) is available for boys and men from 9 to 26 years of age. Condoms may lower the risk of infection but don't cover all the areas that could be infected.

Left untreated, the warts might go away naturally or remain unchanged or increase in number.

Get tested!

HIV

If you engage in high risk sexual activity then you should get tested every three months.

The HIV blood test is quick and simple. Results are usually available within an hour.

It usually takes 2-4 weeks from infection before there are enough HIV antibodies for the test to detect.

Syphilis

A yearly test is recommended. If you have lots of partners, visit saunas or engage in high risk activities then get screened every three months.

Hepatitis

Hepatitis is the inflammation of the liver. Hepatitis A, B and C can be transmitted through sexual activity. Hepatitis B is more infectious than HIV. Left untreated hepatitis will cause serious liver damage and significantly increase the chances of liver cancer.

Vaccinations are available that can protect you against hepatitis A and B. Talk to your health care professional. Condoms can reduce some of the risks of Hepatitis.

Gonorrhoea and Chlamydia

A yearly test is recommended.

Anal Pap Smear

If you regularly bottom, then an annual Anal Pap Smear checks for sign of cancer and anal warts.

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Where to get tested?

Hong Kong

Gay Men HIV Testing Hotline 2117 1069 -
<http://www.21171069.com/home.htm#1>

HK Sexual Health Centre
<http://www.std-hiv-clinic.hk/>

Indonesia

Bali Medika – Free HIV available.
<https://balimedikainfo.wordpress.com/>

visit website for more information in Bali
<http://www.temanteman.org/indo/bali.php>

visit website for more information in Jakarta
http://www.temanteman.org/indo/en_jakarta.php

Japan

Free HIV Testing (English)
<http://www.city.shinjuku.lg.jp/foreign/english/oshirase/teiki/aids.html>

Malaysia

<http://www.temanteman.org/myenlist.php>

Singapore

Q Medical Clinic
<http://www.qmedical.com.sg/>

Dr Tan & Partners -
<http://drtanandpartners.com/home/>

Shim Clinic -
<https://www.shimclinic.com/singapore/>

Taiwan

Taipei Veterans General Hospital
No. 201號, Section 2, Shipai Road,
Beitou District, Taipei City, Taiwan 112

Thailand

Adams Love web site has a comprehensive list of free testing clinics across Thailand

Click on this link read more
<http://www.adamslove.org/en-d.php?id=379>

Acknowledgments

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