

HIV - Low risk sexual behaviors - Sexual risks, part 1



Abstinence means not having oral, vaginal, or anal sex. Abstinence is the only 100% effective way to prevent HIV and other sexually transmitted diseases, or STDs.

Sexual activities that don't involve contact with body fluids, such as semen, vaginal fluid, or blood, carry no risk of spreading HIV. Some sexual activities may still put you at risk of spreading other STDs.

These include:

- Non-sexual massage
- Casual or dry kissing
- Phone sex, cyber sex, sexy talk
- Masturbation without using your partner's body fluids
- Frottage, which is also known as "dry humping" or body-to-body rubbing

Sexual Touching

There is little to no risk of getting HIV from sexual touching an HIV-positive partner. You can lower the risk of being infected by an HIV-positive partner if you make sure you and your partner have no cuts or sores on your hands or genitals. There is still a chance of getting other STDs.



Sex Toys

Sex toys can be a safe practice, as long as you do not share your toys with your partner.

Oral Sex

In general, there is little to no risk of getting or transmitting HIV from oral sex. Oral sex involves putting the mouth on:

- the penis (fellatio)
- vagina (cunnilingus)
- anus (anilingus).

The risk of getting HIV from oral sex is increased if there are mouth or genital sores, bleeding gums, and the presence of other STDs.

If you have recently tested negative for HIV, you can reduce your risk of being infected by HIV by taking PrEP, or pre-exposure prophylaxis. PrEP is medicine to prevent HIV.

If you are HIV positive, you can reduce your risk of spreading it to your partner by taking your HIV medicines called ART or antiretroviral therapy, every day.

You can lower your risk even more by using condoms every time you have sex, knowing your HIV status, and talking honestly with your partner about sexual behaviors.



Be sure to get answers to any questions you have about HIV/AIDS. Your public health department, health care provider, and public library can help.

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