

Safety tips for

RIMMING

While it's a lower risk activity for spreading HIV, rimming can be higher risk for spreading other STIs. Reduce your risk by:

- **Washing the area.** Plain old soap and water. Careful not to get the soap up your butt though. It's an irritant. Ouch!
- **Using a dental dam can really help.** If one isn't available non-microwaveable saran wrap works just as well or cut the ends of a condom off and then cut down one side of it to create a large square.
- **Don't anally douche.** This isn't recommended because it can increase your risks of contracting an STI by irritating your skin.

Questions? Call HIPS at 1 800 676 4477

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