



Reading this
Can Save Your Ass.
Safer Rimming Tips

How Safe Is Rimming?

(also known as giving a rim job, or ass-licking)

Your risk of getting or passing on HIV while rimming is very low. However, you can pick up intestinal parasites or sexually transmitted infections (STIs) such as gonorrhea, hepatitis (A and B), chlamydia, human papilloma virus (HPV) and syphilis when

giving a rim job. When receiving a rim job, you're at increased risk for gonorrhea, chlamydia, syphilis, and herpes. STIs can, in turn, increase your risk of getting or passing on HIV during anal sex.

Using a latex or polyurethane barrier between your mouth and your partner's ass when rimming can reduce your risk of infection.



Safer Rimming and Ass Play Tips:

- Dental dams or non-lubricated condoms split lengthwise down the middle make for good protection during rimming. Be sure to mark one side of the barrier so that if you drop it, you'll know which side was yours.
- It's possible to pass on STIs and parasites from sex toys or your fingers and hands when you insert them into your partner's ass. If you share sex toys, wash and cover them with a fresh barrier like a condom or a glove.
- Getting vaccinated against hepatitis A and B is a good idea.

How Can I Protect Myself from Herpes?

- Don't rim someone without a barrier if you've got active or recently healed cold sores (herpes). Infections for herpes can also happen four or five days prior to the appearance of sores.
- If there are sores on your partner's ass, be sure to use a barrier when rimming him.
- Get tested regularly for STIs if rimming is part of your sex play.

How Can I Protect Myself from Parasites?

If you rim without a barrier:

- Rim before other ass play.
- Wash around and just inside the asshole (anus) before rimming. Don't use soap when washing inside your asshole



— it's an irritant.

- If you're going to douche (flush the inside of your ass with water), do it before ass play. Do it gently and don't rush. Douching can damage the anal canal and drive infections further in.

- Get checked for parasites during your regular STI checkup. If you experience diarrhea, cramping, bloating, changes in appetite, weight loss, fatigue or other possible symptoms of a parasitic infection get tested sooner

Tips for Great Rim Jobs:

- Try rimming him when he's on all fours, lying on his stomach, on his side, or leaning over something (like a table or a couch).
- Variety is the spice of life. Try licking, blowing, and massaging.

Erotic Rimming Hot Spot:

- The opening of someone's ass — their rosebud or pucker.
- Smearing some lube on his ass may increase sensitivity if you're using a barrier.



Allergic to Latex?

Try a polyurethane condom – or a female condom (also made of polyurethane) – sliced in half.

For more information about safer oral sex and rimming, visit www.actoronto.org/oralsex

Other ACT Online Resources

actoronto.org *what we do

handydandy.ca *safer sex tips

torontovibe.com *safer party tips

HiMyNameIsTina.com *crystal meth info

actoronto.org/portugues *informação em português



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