

## How Safe Is Rimming?

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

While giving a rim job you can pick up intestinal parasite or sexually transmitted infections (STIs) such as gonorrhoea, hepatitis (A and B), chlamydia, human papilloma virus (HPV) and syphilis.

When receiving a rim job, you're at risk for herpes and syphilis.



STIs can increase your risk for getting or passing HIV during anal sex, and they can cause you added health problems if you are living with HIV. Although it may be possible to get HIV from rimming (giving or receiving), no cases have surfaced in Canada of anyone being infected in this way.

## 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.

## 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.

## 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](http://www.actoronto.org/oralsex)**

## Other ACT Online Resources

[actoronto.org](http://actoronto.org) (what we do)

[torontovibe.com](http://torontovibe.com) (safer party tips)

[HiMyNamelsTina.com](http://HiMyNamelsTina.com) (crystal meth info)

[actoronto.org/portugues](http://actoronto.org/portugues) (informação em português)

*To find out about resources in other languages, call or email us below.*



AIDS Committee of Toronto

Tel: 416-340-2437  
Email: [ask@actoronto.org](mailto:ask@actoronto.org)  
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Need more HIV and/or Hep C information and resources?  
Contact CATIE (Canadian AIDS Treatment Information Exchange)  
1-800-263-1638  
[www.catie.ca](http://www.catie.ca)

This publication has been printed with assistance from CATIE, 2010.  
CATIE Ordering Centre Catalogue Number: ATI-26070.

## 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.

**Reading this  
Can Save Your Ass.  
Safer Rimming Tips**



AIDS Committee of Toronto



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## Reading this Can Save Your Ass. Safer Rimming Tips



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