

ORAL SEX AND HIV



Although oral sex is a practice that tends to involve a low risk of HIV transmission, there are several factors that can increase or decrease this risk.

01 FACTORS THAT INFLUENCE THE RISK OF TRANSMISSION

- Regardless of other factors, when a person with HIV is taking antiretroviral treatment, his or her viral load decreases and the risk of transmission can diminish greatly.
- Although oral sex is a practice that involves little risk, this can be further reduced if a condom is used.
- If the person with HIV is giving oral sex, the risk of transmitting the virus to his or her partner is very low, as the virus is not transmitted through saliva.
- If a woman with HIV is receiving oral sex, the risk of transmission is very low. However, this risk may increase during menstruation, as there blood with the virus may be present.
- If the man ejaculates in his partner's mouth, the risk is greater than if he does not, as semen contains a high concentration of the virus, particularly if he is not receiving treatment.
- If a person without HIV has cuts or sores in his or her mouth or bleeding gums, giving oral sex involves a greater risk of acquiring the virus than if he or she has good oral health. mantiene una buena salud bucal.

There is some controversy about whether the pre-ejaculate fluid of a man with HIV can transmit the virus. Although the risk is generally lower because the quantity is small, other factors such as viral load are also involved.

HIGHER RISK

- Performing oral sex on a person with HIV.
- Receiving ejaculation in the mouth.
- Mouth wounds or sores or bleeding gums.
- High viral load.



LOWER RISK

- Receiving oral sex from the person with HIV.
- Not receiving ejaculation in the mouth
- Good oral hygiene.
- Low viral load

02 MAIN POINTS

- Although oral sex generally entails a low risk of infection, there are also other influencing factors.
- If the person with HIV has a high viral load or ejaculates in the mouth, the risk is higher. The same applies if a person without HIV has wounds, sores or bleeding gums.
- Having an undetectable viral load significantly reduces the risk of HIV transmission in any sexual practice.
- The fact there is risk does not necessarily mean you have been infected. If in doubt, it is best to be tested for HIV.



GTT-VIH
GRUPO DE TRABAJO SOBRE
TRATAMIENTOS DEL VIH
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA
ONG DE DESARROLLO

SUBVENCIONA



Generalitat de Catalunya
Departament de Salut
PROGRAMA DE PREVENCIÓ I ASSISTÈNCIA
DE LA SIDA



FOR SOLIDARIDAD
OTROS FINES DE INTERÉS SOCIAL



Secretaría del Plan Nacional sobre el Sida



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