

SEX AND ILLNESSES SPREAD BY DIARRHEA

Shigellosis, crypto (cryptosporidiosis), and giardiasis are all infections caused when poop comes in contact with your mouth. Often the cause of food poisoning, they can also be passed on during sex and can cause severe stomach upset and diarrhea.

HOW DO YOU GET IT FROM SEX?

You can get it during oral/anal sex play, for example when you use your fingers, hands, mouth or sex toys for anal play. Even if you can't see it, tiny amounts of bacteria or parasites can get into your mouth and make you sick.

WHO GETS IT?

Anyone can get these illnesses, but people who have oral/anal sex play are more at risk. People with weakened immune systems (HIV +, cancer, etc.) often get sicker than others.

HOW CAN I AVOID THESE INFECTIONS FROM SEX?

- Wash anus and surrounding areas before and after sex play.
- Use condoms or other barriers like latex gloves or dental dams.
- Wash sex toys with soap and water before and after.
- Avoid sex and other activities with people who have diarrhea.
- Wash your hands with lots of soap and warm water often.

WHAT SHOULD I DO IF I HAVE A BAD CASE OF DIARRHEA?

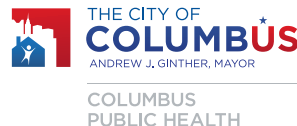
- See your doctor or go to a sexual health clinic to be tested.
- Wash your hands often.
- Don't have sex until 7 days after symptoms end.
- Don't go to work if you work in child care, food service (e.g. restaurants), or health care.

FOR MORE INFORMATION

www.publichealth.columbus.gov

Source: Communicable Disease Epidemiology and Immunization Section, Public Health - Seattle King County

COLUMBUS PUBLIC HEALTH
240 Parsons Ave, Columbus, OH 43215
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