

stepping
forward



NZPC New Workers' Kit stepping forward

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welcome

The painting on the cover of this booklet is 'Marama'.

Marama was painted for NZPC by Stacey O'Neill, a Wellington artist.

Marama is the word for 'moon' in Maori, and also means 'understanding'.

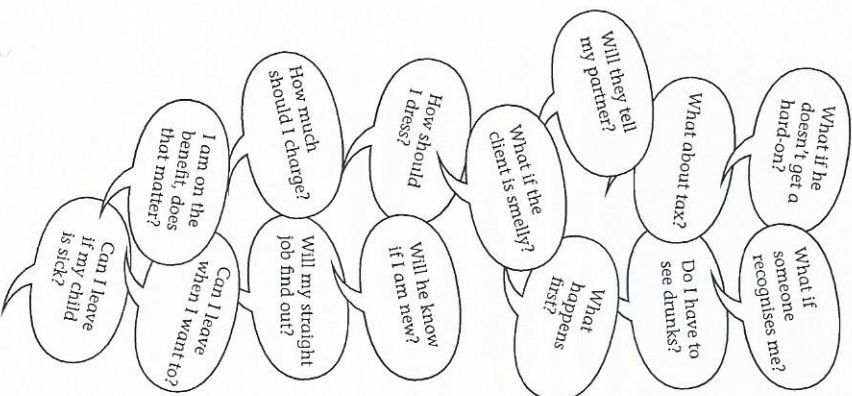
The New Zealand Prostitutes Collective (NZPC) is an organisation to support all sex workers, new and not so new. You can find non-judgmental information and support from people with experience of working in the sex industry.

The New Worker Kit and the SIREN Magazine are good sources of information and are available through NZPC around the country.

At some of our centres we also have a free sexual health clinic where you can talk to our wonderful doctors and nurses. NZPC runs on the principle of providing anonymous services. We don't need your real name — Kale, Naomi, Angelina, will do!

Before having sex with a client, there may be many practical things you would like advice on, such as, what other workers do and say with regard to difficult clients, what to do if the condom breaks, how do you work with your period, etc.

We suggest you ring or drop-in to discuss these issues, and more, in greater detail with someone from NZPC, or with someone who you may already know and trust who has worked in the industry, as a private worker, a brothel, parlour or escort worker, or a street based sex worker.



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condoms

It is important to be well prepared with a personal supply of condoms, water-based lube, and dental dams. You can collect supplies from your local NZPC branch. Supplies are free for new workers and at a price close to cost once you start working. Your work place should also have supplies available. Try and keep a supply of condoms that include ones without spermicide as you may be doing oral sex as well as penetrative vaginal or anal sex. NZPC does not supply spermicidal condoms.

Most sex workers put the condom on the client themselves. This prevents the client from sabotaging safe sex, which is now illegal — a client from Christchurch was fined \$700 and a client in Wellington was fined \$600 for taking off the condom while having sex with a sex worker. It is important that you ensure the condom stays on until he ejaculates (cumms). When he cumms, make sure he withdraws immediately as there could be some leakage of semen as his penis shrinks back to normal size. You can do this by keeping your hand in contact with the base of his penis and the base of the condom. As he withdraws, wrap a tissue around the condom on the penis and gently pull the condom off.

Don't flush condoms down the toilet — always put them in the rubbish or a bag you keep for this purpose.

lube

Condoms are not enough on their own. When you are having sex several times a day or night, you will need extra water-based lubricant (like WetStuff®). Experienced sex workers will tell you Lube makes it less likely for the condom to break as it reduces friction and less wear and tear on you too! You may wish to push some lube up into yourself discreetly, or inform the client it's another measure to keep them safe. Remember, if you are using oil-based products (like coconut oil) to massage, it will harm the condom, so don't let oil and condoms mix. Wipe oil off your hands and his penis before putting the condom on him.

dental dams

Dental dams — squares or rectangles of latex that are held across the vagina or anus, should be used during oral sex. This creates a barrier between the mouth and the vagina or anus to protect you and the client from infections such as herpes, genital warts, gonorrhoea etc. Sex workers and clients are legally required to take all reasonable steps to use dental dams and condoms for oral sex.

using condoms and lube

We suggest that you put the condom on the client once he has an erection without discussion or comment.

If he protests, use remarks along these lines:

- We're required by law to use a condom
- I'm sorry I don't negotiate on this matter
- I'll give you 6 good reasons: Hepatitis, Gonorrhoea, Chlamydia, Genital warts, Syphilis, HIV. Now can you give me 6 good reasons why we shouldn't use a condom?

Or finally,

- Perhaps you should leave, or maybe I'll just leave, shall I?

how to put on a condom

1. When you pull the condom out of the packet, check that it is the right side up so that it will unroll down the penis.
2. Pinch the air out of the tip, if for some reason the condom does billow with air, remove and start again — probably use a new condom.
3. Place the condom over the head of his penis, and push the condom down with your hands or with your lips.

Never use two condoms at the same time. Two condoms does not equal twice as safe sex; the friction of using two condoms can cause them to break.

Do not use the same condom if switching from vaginal to anal or oral sex and vice-versa.

Having sex for a long time may start to weaken the condom and make it easier for the condom to break, so replace it before it could become unreliable.

4. If the client is uncircumcised you may need to pull his foreskin gently back before doing this.

a sexual health checkup involves

A pelvic examination where swabs are taken from inside and outside your vagina, and possibly a urine test is required. If you are due for a cervical smear this can be taken at the same time. Blood tests can be taken for Hepatitis B and for Syphilis, as well as for HIV if you request it. The check-up is an opportunity to ask questions that may be bothering you. It is recommended as part of your on-going sexual health maintenance that you have a sexual health check-up every three months.

prostitution reform act 2003

The Prostitution Reform Act became New Zealand's new prostitution law in 2003 with the aim of creating healthy and safe work environments for individuals eighteen and over who work in the sex industry.

The following pages include a few clauses from the Prostitution Reform Act. If you would like a copy of the Act in full, contact your local NZPC and we will anonymously send or email you a copy.

safer sex practices

So what does the new law mean for you? For starters, sex work is no longer illegal in New Zealand. The new law incorporates clauses to protect your sexual health and ensure your personal safety. It is also there to stop exploitation and give you rights.

the law says

You and your clients must take all reasonable steps to ensure that condoms or other safer sex barriers (such as a dental dam) are used for oral, vaginal and anal sex. If you, or your client, do not do this, you are liable to a fine of up to \$2000. A client in Christchurch was fined \$700 and one in Wellington was fined \$600 as a first offence for taking a condom off during sex.

Here are some important things you need to be aware of:

health and safety requirement

- *Clause #9: Sex workers and clients must adopt safer sex practices (1)* A person must not provide or receive commercial sexual services unless he or she has taken all reasonable steps to ensure a prophylactic sheath or other appropriate barrier is used

FOR ANY ADDITIONAL INFORMATION OUTLINED IN ANY OF THE FOLLOWING PAGES PLEASE CONTACT US. Contact NZPC or your local Sexual Health Clinic.

if those services involve vaginal, anal, or oral penetration or another activity with a similar or greater risk of acquiring or transmitting sexually transmissible infections.

- If you are working for someone else and they tell you not to use condoms, or if they do not take steps to ensure you are using condoms or dental dams for oral, anal, or vaginal sex, they may be charged in court and fined up to \$10,000.

- Operators of businesses must also ensure they are displaying information on safer sex practices prominently. There are signs that have been designed by the Ministry of Health, with input from sex workers and NZPC. Businesses can make their own signs or use the ones provided by the Ministry of Health which contain the relevant information. If they don't display safer sex information, they can be fined up to \$10,000.

the law says

Operators are not able to use any medical certificate to imply any person working for them does not have a sexually transmissible infection (STI). If they do so, they can be charged in court and again fined up to \$10,000.

Clause #8: Health and safety requirements
Operators of businesses of prostitution must adopt and promote safer sex practices.

(1) Every operator of a business of prostitution must—

- (a) take all reasonable steps to ensure that no commercial sexual services are provided by a sex worker unless a prophylactic sheath or other appropriate barrier is used if those services involve vaginal, anal, or oral penetration or another activity with a similar or greater risk of acquiring or transmitting sexually transmissible infections; and
 - (b) take all reasonable steps to give health information (whether oral or written) to sex workers and clients; and
 - (c) if the person operates a brothel, display health information prominently in that brothel and
 - (d) not state or imply that a medical examination of a sex worker means the sex worker is not infected, or likely to be infected, with a sexually transmissible infection; and
 - (e) take all other reasonable steps to minimise the risk of sex workers or clients acquiring or transmitting sexually transmissible infections.
- (2) Every person who contravenes subsection (1) commits an offence and is liable on

summary conviction to a fine not exceeding \$10,000.

While people under 18 and over 16 cannot be charged with any offences, their clients can be fined or sent to jail.

Any person who assists a person under 18 to provide commercial sexual services, or who receives money earned through commercial sexual services from a person under 18, can be fined or sent to jail.

There have been a few operators, receptionists and even a sex worker who have been charged with assisting someone under the age of 18 to become a sex worker. In one case an 18 year old sex worker was charged with helping a 16 year old to work.

Clause #22: No person may contract for commercial sexual services from, or be client of, person under 18 years

(1) No person may enter into a contract or other arrangement under which a person under 18 years of age is to provide commercial sexual services to or for that person or another person.

(2) No person may receive commercial sexual services from a person under 18 years of age.

- You have the right to refuse to do any job for any reason or for no reason at all or to stop a job part way through.

- Clause #17: Refusal to provide commercial sexual services (1) Despite anything in a contract for the provision of commercial sexual services, a person may, at any time, refuse to provide, or to continue to provide, a commercial sexual service to any other person.

- You cannot be forced by any management (owners, managers and receptionists) of any place that you are working in, to do a job. To force you to do a job, by fining you or threatening you, is classed as "inducing and compelling". If management tries this, or tries to withhold earnings from you, they can be charged in court and be liable for up to 14 years imprisonment.

- Clause #16: Inducing or compelling persons to provide commercial sexual services or earnings from prostitution
- (1) No person may do anything described in subsection
- (2) with the intent of inducing or compelling another person (person A) to —

- (a) provide, or to continue to provide, commercial sexual services to any person or
- (b) provide, or to continue to provide, to any person any payment or other reward derived from commercial sexual services provided by person A.

tips for new workers

- If you want to stop working as a sex worker, WINZ cannot withhold or delay benefit payments to you because you refuse to work as a sex worker, or stop working as a sex worker.
- Clause 18: Refusal to work as sex worker does not affect entitlements (1) A person's benefit, or entitlement to a benefit, under the Social Security Act 1964 may not be cancelled or affected in any other way by his or her refusal to work, or to continue to work, as a sex worker (and, in this case, that work is not suitable employment for that person under that Act).
- If you are the operator of a business of prostitution (brothel, parlour, agency, etc.), you will be required to obtain an operators certificate. This looks like a drivers licence. There are restrictions on who can obtain a certificate. These restrictions affect those who have been convicted of violent offences, sexual offences, robbery, extortion or burglary, money laundering, firearms offences, and certain drug offences, or being a member of a gang.
- If you have any of these types of convictions, you may not be able to get an operators certificate. You may, however, be eligible for a waiver of disqualification if these offences were committed some time ago, and you have not reoffended since.
- Clause 34: Operators of businesses of prostitution to hold certificates (1) Every operator of a business of prostitution (other than a company) must hold a certificate. NZPC note: [However, up to four sex workers can work together, providing no one is in charge, without getting a certificate.]
- Clause #36: Disqualification from holding certificate.
 - (1) A person is disqualified from holding a certificate if he or she has been convicted at any time of any of the disqualifying offences set out in subsection (2), or has been convicted of an attempt to commit any such offence, or of conspiring to commit any such offence, or of being an accessory after the fact to any such offence.
 - (2) The disqualifying offences are as follows: [paraphrased] Participation in an organised criminal gang; sexual crime; murder; manslaughter; assault; burglary; abduction; robbery; extortion; money laundering or any offence under the Misuse of Drugs Act 1975. NZPC note: [If you have been convicted on one of these accounts, but you want to operate a brothel, you can appeal and make a special case to get a certificate.]

IF YOU HAVE ANY CONCERNS OR QUESTIONS REGARDING THE PROSTITUTION REFORM ACT AND HOW IT AFFECTS YOU, CONTACT NZPC AND WE WILL BE PLEASED TO DISCUSS THESE WITH YOU.

what sort of things do you say when he won't wear a condom?

Sian There's the door.

Fifi I tell them it's for their own health.

Violet Sometimes if they're unhappy about it then they will try and take it off, that's when I'll watch them.

Jackie I'd point to the Ministry of Health flier and tell him it's against the law or 'you might not value your life but I value mine.'

Martha If he won't use a condom then I tell him that I can only offer a hand job.

(Editor's note: It is against the law for a client to deliberately remove his condom during commercial sex or for a sex worker to provide commercial sex without taking all reasonable steps to ensure that condoms are being properly used by either the client or the sex worker.)

The Press 13/07/05
"A Christchurch man who put a prostitute's life at risk by deliberately taking off his condom has become the first in New Zealand to be prosecuted under a new unsafe-sex law"

Section 9, Prostitution Reform Act, ss1, 3 & 4:
Sex workers and clients must adopt safer sex practices

(1) A person must not provide or receive commercial sexual services unless he or she has taken all reasonable steps to ensure a prophylactic sheath or other appropriate barrier is used if those services involve vaginal, anal, or oral penetration or another activity with a similar or greater risk of acquiring or transmitting sexually transmissible infections.

(2) A person must not, for the purpose of providing or receiving commercial sexual services, state or imply that a medical examination of that person means that he or she is not infected, or likely to

be infected, with a sexually transmissible infection.

(3) A person who provides or receives commercial sexual services must take all other reasonable steps to minimise the risk of acquiring or transmitting sexually transmissible infections.

(4) Every person who contravenes subsection (1), subsection (2), or subsection (3) commits an offence and is liable on summary conviction to a fine not exceeding \$2,000.)

What do you do if your client won't get hard?

Sian If I've tried everything...oral, hand jobs and that, then I'll ask him, "well, what's happening here?" so if there's any blame I turn it back on him, it could be alcohol or drugs so if he acknowledges that then he won't get angry with me.

Fifi Yeah, I do the same thing, then I will reassure him that it's all right. Some of them think that you'll be disappointed. Then I'll just chat with them, ask them questions. It's important not to feel responsible or get down on yourself. It's always something going on with them.

Violet I'll pretend to touch myself and say something comy like "well, if you're not going to, do you mind if I do?" If that doesn't work nothing will.

Martha One thing that you can try is applying pressure with your index and middle fingers to the base of the penis — this usually works.

Sarra Ask him to jerk himself off — you could say it turns you on.

ok so now you have an erection to deal with, assuming we know the basics have you any tips for beginners?

Sian For me, remaining in control is always really important. I always keep my feet on the bed in missionary style and my legs on the outside. If they put your legs together while they are on top it's really easy for the condom to come off. The ones that try to do this often know that.

Fifi If they have a big cock and are going too hard then it's cool to tell them to be more gentle "Oh

baby, you're so big" sounds like a compliment to them. My hand is always down there anyway to check the condom is on, he thinks you are playing with yourself, the trick is remembering to move your hand a little so it looks real.

Violet Always keep on your knees when doing doggy style! When I'm giving head I keep a fist down by their balls so if they press my head down I have my finger on the button to make them stop...so to speak. The area between their cock and balls is also really sensitive, they seem to like being pressed softly.

Sian If I'm getting tired on top then I'll turn to face his feet, that way I don't have to look at his face and I don't have to look sexual.

now what do you do when he won't cum?

Fifi I moan too, and pretend I'm cumming, and tell him it really turns me on to hear him cum.

Sian Same, then I'll say that I really like to see him touch himself or say "well show me how you like to be

touched". Talking erotically also works. It took me a while to learn how, I might ask them what's the most awesome sex that they have had and then I'll elaborate on it, e.g. I close my eyes and visualise some scenario like I'm at the beach, we rub cream on each other then I take off my bikini...etc etc, sometimes I even turn myself on.

Violet I don't care, if he doesn't cum that's his problem.

(Editor's note: applying pressure at the base of the penis can sometimes help him cum quicker. You can also offer hand relief or suggest he does it himself if that doesn't work.)

an extra note about semen or cum

The colour and texture of cum varies with what the client eats. If he has eaten a lot of beetroot, his cum may take on a slight pinkish tinge. However, it may also be blood. It is quite natural for a client to have some blood in his cum every so often; it may be due to over vigorous sex or rough wanking. But if he is not eating lots of beetroot, and not having vigorous or rough sex, then pink

cum on a regular basis may be a sign of some infection or something that needs to be looked at by a doctor. A common myth is that blood in cum is a sign of HIV. This is not true. It just means there is blood in the client's cum. The important thing is to always use a condom and water-based lube for oral, vaginal and anal sex.

ok now the nitty gritty how do you give a good blow job?

Sian I asked a male friend and he said you get points for rocking, circling the top with your tongue and deep throat but I think he's probably been reading magazines because I don't know anyone who can do that. He also said that the mistake a lot of girls make is doing it too hard.

Violet Rolling the two ball sacks between thumb and finger whilst going up and down with your mouth.

Fifi I've also read that imagining it's an ice cream is effective, sometimes like little sucks then big sucks, after I read that, a few people commented on my technique so maybe it made a difference.

Violet I've also read that milking the shaft and balls like a cow teat is good because it brings out the last bit of cum and it's meant to be a stronger orgasm. But obviously it helps if you have a bit of knowledge about cow udders.

the thing that gets on my goat in this job is the men who fancy themselves as knights in shining armour ready to rescue you from your hellish existence, sure! what responses do you make when they ask you lots of questions about what else you do or why you're in this industry?

Sian At the beginning, I told heaps of different stories and then got really confused!! Now I don't lie much, I first say, "hey it's for the money, then I'll say that it's not as bad as you think, it's just a job like any other." Other than that I just don't talk about my private life.

Violet Same, I think it pays to keep some details close to your own, but if I

feel that they are prying then I'll just turn the conversation on them, "I'd much rather talk about you" sort of thing. If they ask again, I'll tell them I don't want to talk about my private life at work, if I'm short with them they should get the picture, the really painful ones will ask why.

Fifi If they ask me what turns me on, which they often do, then I'll tell them that hearing them cum does.

Sian Or seeing them make themselves cum.

is there any advice you have in regard to sexual health procedures?

Sian I was never told when I first started work that you have to use lube often and repeatedly — always water-based, it can also turn him on if he thinks you are wet. If you don't use sufficient amounts of lube, the condom is much more likely to break and that's a drag. If you kiss or let him go down on you then you are in danger of getting herpes or gonorrhoea even if you can't see any signs.

Violet Change the condom after you have fucked it or sucked it to avoid cross infection.

(Editor's note: only ever use one condom at a time, using two or more at once causes friction between the condoms and makes them more likely to break).

Fifi Yeah, don't be afraid to use heaps of condoms, also it's just common sense to check the client's penis and body for visible sores.

Violet The best way to use a dental dam it to sit on the edge of the bed so that your bottom is holding one edge down and then hold the other end with your hands.

(Editor's note: a dental dam is a piece of latex, roughly the size of an average piece of paper that goes over the vagina or anus when your client wants to go down on you. Throw it away after using it once — treat it like a condom. Some workers find using lube with the dental dam can make it feel better if you apply some lube between your vagina and the dental dam. An added bonus is that it makes the dental dam seem to be see-through.)

how to stay a happy hooker

**is there anything you wish
you'd been told when you
first started working?**

Sian

That it's okay if I give it back if they (clients) are rude or don't treat me like a lady.

(Editor's note: Don't wind up clients — be firm and expect good behaviour).

Fifi

That it's really important to take breaks and look after yourself. It's a job where you have to give a lot and if you're getting angry or depressed then take a break. That means you have to have savings so you can. I also find talking and laughing about work with a friend is a relief, swimming or getting a massage is good, get some of that energy back.

Violet

Develop your own style at work, which means in some ways choosing your client. If you're always trying to be how the client wants you to be you'll get exhausted quickly, also if you're feeling really happy or at least faking being happy the clients are more likely to pick you.

Sian

It's also important not to freak out or feel bad about yourself if you don't get picked. Don't equate how many jobs you have with how good you are.

Violet

Suss out what you feel comfortable doing, if a client wants to do something on your no list, then confidently say no! They always hassle me for anal, I'm not into it. I heard a woman I was working say, "You want to put it in my poopier?!" and then crack up, it was hilarious and he definitely wasn't going to ask again.

Sian

Always massage because it cuts down on time, relaxes them and cuts down on the actual bonking time. What else? Oh, if they put their finger inside you, you can get an infection.

Fifi

Make sure you get your money. And of course remember to impart some of your valuable knowledge to new workers. As you know unlike most other jobs there is no training in sex work and what seems like common sense to you may not be to someone with different life experiences. One of the best ways to learn is for everybody to be a teacher and share their knowledge.

sex worker burnout syndrome

'Sex Worker Burnout Syndrome' doesn't need much of an introduction. We've all seen it or experienced it. 'Burnout' symptoms may vary as does the degree of severity with each individual case, but as with all things prevention is better than trying to find a cure. Following is a list of classic symptoms and a list of tips to help you avoid Sex Worker Burnout.

First up, what are the symptoms? Do any of these thoughts sound familiar?

1. Not getting enough sleep resulting in feeling sick and tired.
eg. "I am sick and tired of waking up sick and tired".
2. Grumpy and irritable with everyone especially clients.
eg. "Yeah, yeah, yeah you're the biggest and the best, I told you last week. What do you mean I haven't met you before? You look like the last guy."
3. Don't like being touched by the clients.
eg. "OK, for a hundred dollar tip you will have a really amazing time, but this will be much better for the both of us if you don't talk, smile, make any weird noises or move and if you touch my tits I'll SCREAM!"
4. Not being able to go to work without retail incentive.
eg. "I really do not want to go to work tonight but I'm sure my mood will improve with this new dress and I know I will do heap better if I get shoes to match, they may LOOK like shoes I wore last night but these little black stilettos are 1/10th of a cm higher."
5. Overly emotional.
eg. "What do you mean", sob, sob, "I'm the prettiest girl in the world" sob, sob, "You Bastard! There is nothing wrong" sob, "and stop picking on me!"
6. Self-destructive behaviour.
eg. If I spend the rent and the phone money on something illegal and then

drink a couple of bottles of something expensive that I can't pronounce, go to a club and don't sleep, work three more shifts back to back and replace the rent money it will all balance, hell, I might even shag my ex who left me for my best friend".

7. Depressed, frustrated and low self-esteem.

eg. "No-one will choose me, all the other girls are so pretty and together, the only guys that choose me are the ones that find pretty and intelligent girls intimidating. I shouldn't have had the extra French fry, why didn't I stop after two; I think I've put on 3 kg since I ate it."

Sound familiar? I saw you nodding your head when you read the symptoms if not for you then maybe for someone you work with. Here are some tips that will help you address the problem. A.K.A. Safe sex for the soul.

Burnout Management

limit your shifts

Most people work 40 hours per week. Overtime is okay for limited periods or if you are saving for something big, but set a workable roster and stick to it. If the boss asks you to do extra shifts to help, only do them if they're in your best interest. Always put yourself first. Extra shifts and long hours don't always mean more money especially if you're tired and really want to be somewhere else.

take breaks and holidays

People who have a standard employment contract are entitled to four weeks paid annual leave and normally 11 days off for public holidays. This is a minimum guideline and does not include sick leave. Taking a few days off because you have a cold is not a holiday. All work and no play make Jo a dull Hol

the emergency slush fund

Saving is hard, but not being able to take a much needed break is even harder. If you are working for someone as an employee they take 6% off everything you earn for holiday pay, but as most sex workers are considered by the parlour or brothel as self-employed or working privately as a sole trader you need to make your own provisions. Slush 6% of what you earn each week. Whatever it is you think you want to buy with your holiday money will be even better if bought whilst on the beach of a hot tropical island after a night of piña coladas and anonymous gifts from admiring strangers.

cherish your body

You are your business's best asset and without maintenance you can become a liability. This does not mean you should spend more money on superficial trappings like clothes, but quality investments like getting a massage, eating good quality food, using good quality products from shampoo and skin care to linen on your bed and even the bed itself. Join a gym, take Yoga or Pilates classes, start a martial art, the options are endless. Working in a dimly lit environment for hours on end is not the same as regular exercise. It doesn't have to cost a fortune; to start going for daily walks all you need is a pair of comfortable shoes. Don't start with "what about the kids, partner, disabled dog, housework, no energy, allergy to sunlight" excuses. It's sad but true, energy creates energy.

expand your mind

Now I'm not saying there's not a lot to learn from work, in fact it's a job that can teach you many skills you would be hard pressed to learn anywhere else, but it's sometimes a little tricky incorporating these into your CV. Take a course, read good books, get a hobby (why does hobby always sound so lame?), so if at any stage burnout is no longer a passing phase, you have other options. Simply knowing you have a choice is liberating in itself. If you have the strength of character to become a sex worker, then you already possess a multitude of other skills, take the time to recognise and develop them.

look after your inner self

Listen to your emotions and express them. By suppressing them you are fooling no one, least of all yourself. Never do anything you feel uncomfortable with. The money is never enough to buy your self worth. Your values are not for sale. Trust your instincts and never work with or for people who do not value and respect your work. If they don't value and respect your work then they probably don't value and respect you. I have walked out of jobs and been fired, but the next place I went never called referees. In the sex industry it is you who does the interviewing.

get over it or get out of it

[Not that kind of get out of it.] If you don't like your job, the thought of going to work makes your skin crawl and you think you'd rather chew off your own leg than do another shift, maybe this is not the job for you. Sure the money is lucrative, but how much are you going to make if you keep spitting at the clients in the lounge and swearing at them in the room when they haven't asked you to talk dirty? There is no shame in quitting a job you don't like. Getting out can be tricky, but there are lots of us who have done it and will help if you ask.

Work to live don't live to work.

Kissing clients

What can I catch from kissing?

Well, let's see you can catch:

- Herpes
- Gonorrhoea
- Infectious mononucleosis (EBV)
- Syphilis
- Common cold
- Influenza
- Strep throat
- Tuberculosis
- Mumps, measles, Rubella
- Chicken pox
- Bacterial Meningitis

The lips and mouth are moist areas that can harbour infections. Exchange of saliva or spitte can be enough to get any of the infections mentioned above.

if my client has a revolting mouth like really bad teeth or bleeding gums can I catch hiv from kissing him?

HIV is not likely to be transmitted through kissing (assuming you do not have an open sore or cut in your mouth), but you are still at risk of acquiring all of the infections mentioned above..which will put you flat on your back, but not able to work.

What can I do if management tells me clients only want to see sex workers who will kiss?

Of course you want to avoid disputes with management so that they will continue to promote you to clients. If you feel pressured, you may agree that you will kiss clients without spelling out that you will not kiss them on the mouth. Maybe your kissing involves kissing them on both cheeks or the neck or some other equally dry place.

Naturally the services that you do provide will leave your client so satisfied that he overlooks you didn't let him snog you. It is important that your health comes first.

If I choose to kiss clients is that ok?

To kiss or not to kiss needs to be your personal decision. No one has the right to tell you what your boundaries should be. The threat of catching something nasty like herpes is ever-present whether the signs are visible on the client's mouth or not, but the choice is yours.

MORE INFORMATION?
Contact NZPC or your local Sexual Health Clinic.

how do you feel about kissing a client?

Jackie: I can't stand it. It's too intimate and I feel it leaves nothing for my partner.

Betsy: The thought of someone slobbering all over my lips and mouth repulses me!

Martha: Ummm...nope...I wouldn't do it because it's erotic rather than work. For me work should be work.

(Editor's note: Commercial sex with kissing is now called the 'girlfriend experience' aka GFE or passionate and it is currently in vogue with some clients. Other things related to GFE like receiving oral sex from the client are usually expected. No one should force you to provide

any of these services; it is entirely up to you. If the idea of kissing a client is not for you, you can easily get out of it by referring to the Prostitution Reform Act 2003 which states that any activity leading to the transmission of an STI is against the law).

protect your personal safety

All workers have the right to feel safe at work. Most industries are covered by occupational health and safety regulations which protect the worker. In New Zealand, OSH services and the Department of Labour have provided guidelines for occupational health and safety in the sex industry. This section provides advice pertaining to personal safety and tips for the prevention of violence and harm from clients.

trust your own judgement

The majority of clients are non-violent and wouldn't dream of creating a problem. However, there is no way of telling who will turn ugly. Even if a client's been a regular for 10 years, he can still turn ugly one day when you least expect it. Some clients may be and there could be nasty surprises if you trust them or let your guard down.

- Be polite, assertive and friendly — it's important to maintain control. It can also help prevent nasty situations from developing. Basically the rule is — treat all clients with respect but be aware that things can go wrong.

- You have a right to set limits about touching or sexual practices and the right to say no. Tell the client if he goes over your limit. Don't rely on ESP or other psychic ability, tell them clearly and immediately.

- Be aware if the client enjoys making you feel uncomfortable or if he blocks your way or tries to grab you or push you around. Terminate the job early if the client doesn't stop when you tell him to stop. Try to do this diplomatically, make up an excuse to leave early and if this fails just leave!

- Trust your own instincts. If you sense that you are being pressured into something you don't want, then trust that feeling and stop the job.

working privately

Negotiating safe sex in a parlour or brothel with the support of management and other workers is much easier than when you are working alone — at home or on outcalls. To be able to educate a client in his own home requires a lot of assertiveness and confidence. In order to feel confident it's important to feel safe.

Working out of your own home means that you must make sure that your workplace is very secure. You may have a peephole or an alarm system installed. In this way, even if

the client presents well you are able to stop the job if you sense that something is wrong.

Avoid drinking alcohol to relax before a job or drinking with your client. This could become a habit over time and lead to you *having* to drink in order to work. It is also better to be in full control at all times and not influenced by alcohol or any other drug.

Most people don't drink when they work. There have been a few situations when drinks have been spiked with a drug and sex workers have lost consciousness. The same goes for taking a drug from a client as this could leave you vulnerable.

Booking outcalls — when taking a booking you should try and do the following:

- Take the client's name, address and phone number and tell the client you will call back to confirm the booking. You could also call directory assistance (018) and verify that the name and address match the information provided by the client (if a landline).
- Call the client back and ascertain whether the client is alone. Explain that you will not stay if the client has misrepresented how many people are there.
- Make it clear that you will only provide services that conform to safer sex practices.

- Keep a list of names and telephone numbers of bad clients at hand and share this information with other workers.

make sure you have some security

Incalls

It's important to be able to get help without the client knowing about it. One idea is to have a mobile phone in the bathroom out of sight and someone on stand-by waiting to take your call. Or you can pretend that there is a person in the other room — a flatmate or another worker.

Outcalls

If you do outcalls as a private worker, always make sure that you have, or at least pretend to have, a flatmate or co-worker to back you up. Ring before you leave for the job and make arrangements with them (back up person). When you arrive at the job make sure that you ring your back up or just any old number which will make the client know or think that there is someone who knows where you are and what time you are due back.

Check out the situation

Get your bearings just in case something goes wrong.

Know exactly where you are — note the name of the street, the nearest street corner, telephone box or shops. Look out for video cameras (CCTV) which can be helpful if you are chased or followed after the job. Make sure the house or dwelling and surroundings are well lit.

As you approach the door, listen for more than one voice coming from inside. Once inside check out the layout of the place — back doors, windows, telephone and discreetly check to see if there is anything unusual. If the client is extremely drunk or doped out, leave immediately. If the client asks you how business has been and how busy you are, always say that this is your first job, to let him know subtly that you don't carry any money on you.

Street safety

Street based sex work is challenging which is why most people work indoors. It can also be extremely dangerous and NZPCC urges you to consider it carefully.

Before you go to work make sure you:

- You have your condoms, dental dams and lube.
- Carry a torch for checking clients in the dark.

- Carry a personal alarm or whistle on you.
- Have a charged-up cell phone with money on it – have speed dial set to a back-up person (make sure that the back-up person is near their phone and can be reached when you are working).
- Make sure you can text discreetly.

Stick together and support each other wherever possible. Try never to work alone — working in pairs is much safer and you can look out for each other. Doing these simple things may save your life:

- Write down the plate number and make of the car your co-worker gets into.
- Make a report to the police if your co-worker is late from a job.
- Give a description of the client to the police. By making a report quickly to the police, may enable them to pick up the client while the co-worker is still in the area.
- If you hear another worker blow a whistle — blow yours as well.

Do a thorough check before you get into a car

Once you are in a car it's much easier for the client to threaten or abduct you.

- Don't lean into the car when negotiating the job.
- Check the back seat or the back of the van to make sure he is alone – don't get into a vehicle with more than one person.
- Check for iron bars, pieces of wood or other concealed weapons.
- Check that the door handles work.

Dealing with violent clients

There are no guarantees that any advice on dealing with a violent client will always work — each situation is different. Here are some suggestions on what to do if the client turns violent:

- Make as much noise as possible to attract attention. Try calling FIRE, a passersby will probably pay more attention. If you wear a whistle around your neck blow it in his ear — and run.
- You can try getting loud, angry and rude. But this can backfire because some clients are just waiting for you to do this so that they have the excuse they need to abuse you.
- Getting away is the most important thing. Don't waste time trying to be subtle about it and don't worry about the money — run if they turn violent.

- Don't believe a word they say — especially when they promise that they will not hurt you. Don't think that you can talk your way out of it — this is the most common mistake. Fight every inch of the way. It's much better to be injured than dead.

Other safety tips

- Only undertake any work that you are willing to provide — it avoids aggravation later.
- Discuss the money first before going off with a client.
- If you feel threatened, go to a **safe place**. Safe places: A street friendly bar or café where you and your friends feel comfortable and safe, or a drop in centre that is welcoming to street workers. Get to know where these are, if you need to run.
- Report incidents to the police, tell NZPC and other street workers or people who work with sex or street workers.
- Before getting into vehicles take note of:
 - The type and colour of vehicle as well as the plate number.
 - Any odd markings like dents or scratches.
 - Put your fingerprints on and in the car when you get in — under the seat is a good place because most people don't think of cleaning there.

- Leave your chewed gum under the seat. This will have your DNA and prove that you were in that car should you go missing.

- Don't under estimate a client — get them talking before you go off with them so you can suss him out first.
- Take note of his appearance, scars, race, build, hair colour and style etc.
- To avoid attack, stand so no one can come up behind you.

sexual assault

Sex without consent equals sexual assault.

There are very widespread attitudes in our society that sex without consent with a sex worker is not rape and that workers can't be traumatised by these violent assaults. This is just another way of saying 'prostitutes are asking for it'. The reality is that sexual assault is a serious crime — an act of violence against a person's will — and includes any action in which someone is forced, coerced or threatened into sexual acts against their will. Sexual assault is not about sexual desire or passion — it's about violence and using force to overpower, violate, humiliate and hurt another person.

Sexual assault includes unwanted contact as well as rape. Rape is unwanted vaginal, oral or anal intercourse by any part of the attacker's body — hand, penis or mouth — or by an object.

Rape can happen to anyone, anywhere and anytime — day or night and in parlours, on the street, in a client's car or on outcalls.

Auckland Sexual Abuse Help

Crisis 24 hrs: 09 623 1700
 Fax: 09 623 1296
 E-mail: crisissteam@sexualabusehelp.org.nz

Women's Refuge National Office

Phone [04] 802 5078
 Fax [04] 802 5079
 Email info@refuge.org.nz

Wellington Rape Crisis

Phone: 04 473 5357
 E-mail: wirc@xtra.co.nz

Wellington Sexual Abuse Help Foundation

Crisis Phone: 04 499 7532
 Phone: 04 499 7530
 E-mail: info@wellingtonhelp.org.nz

You can also contact your local NZPC as we have support personnel and can help network with other agencies and the police on your behalf.



advertising

Advertising is something that affects nearly all sex workers. No advert — no work — no money.

Sometimes it can seem that the people down at the advertising department of the local newspaper can be so unhelpful and uncooperative. You know the sort — those with the “We’re doing you a favour so don’t complain” types. However, most of the time they can be really good, and can work out what is best for you.

The Prostitution Reform Act 2003 limited areas where a person can advertise — you can advertise in the classified sections of the newspaper or magazines, but not on TV or radio.

The alternative to paper advertising is on the internet. There are some sites that take adverts from workers in NZ, but some of these may be a bit dodgy (once on the site it is almost impossible to get the ad removed), while others are more reputable. To find some of these sites you can do a search on the internet using keywords such as: Escort New

Zealand, Escort Zealand, Adult Entertainment, or Escort Web Design (if you want to set up your own website).

Have a look around and see what suits you best. Look at the website stats as well — how many hits they get, etc., before making a decision.

Or you can buy your own domain name and set up your own site. Prices can vary for getting the domain, the pages written, etc., so look around before going ahead.

The good thing about advertising on the net is that it’s up there all the time, and not restricted to two liners in a newspaper. With your own domain you can be as raunchy or seductive, or as modest, as you want. A full description, perhaps a photo or two. It’s all up to you.

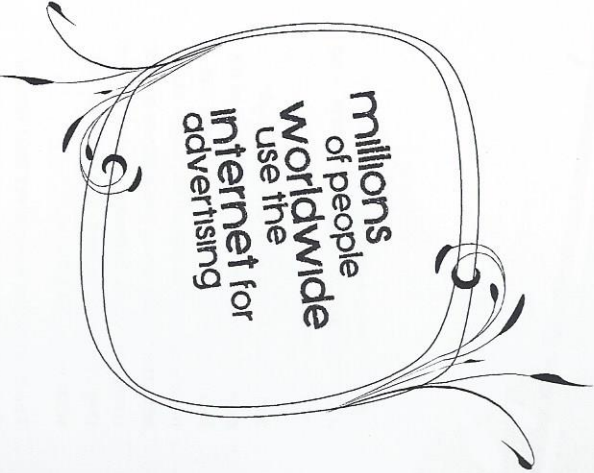
It was brought to the attention of NZPC that an advertisement in a local paper was ‘uplifted’ (taken without permission or consent) and placed in full view on the internet. To some this may sound like a good thing since it is essentially free advertising.

However, the main draw back to this is that the ad can remain on the internet indefinitely and you have no control over who views the ad and where it is displayed. Essentially if the ad is out there for the world to see and possibly forever. Before you take out an ad, ask the editorial staff if they provide any security features to protect your ad or if they take any action to retrieve your ad if it is 'uplifted'.


advertising ethics

When you advertise yourself, or describe yourself to a client, it's important to describe your physical appearance honestly, emphasise your best features and highlight your persona e.g. 100 kg, full figured sexy woman, warm and sensual or 50 kg, attractive, mature and friendly, European woman.

As you may know, false advertising or giving a false description of yourself could create the risk of you wasting your time, losing money and disappointing clients. Remember that clients can compare notes via internet forums. A bad reputation can be costly in any line of work.



millions of people worldwide use the internet for advertising



Independent contractor or employee?

How do you determine if you are an employee or an independent contractor?

There is no set rule and the IRD will look at the facts surrounding each case. In general there are five areas that the IRD will look at to determine whether a person is an employee or an independent contractor. These are:

1. *Control* — The employer's right to control the way that the work is done.
2. *Organisation or Integration* — Is the type of work or the way it is done the same as work performed by other staff who are employed?
3. *Independence* — Does the worker supply their own equipment? Can s/he work from home? Are they free to work for other people as well?
4. *Intention* — How are payments made to the worker? Why is the worker treated as self-employed?
5. *Economic reality* — Does the type of work justify employing an independent contractor?

The courts also look at some other factors:

- Contractors are not paid holiday pay or sick leave.
- Contractors are usually responsible for their own ACC levies.
- Contractors are not usually provided with any fringe benefits such as a company car.
- It is possible to control the work done by a contractor, but not the way in which it is done.
- A contractor is able to work for more than one person.
- A written contract for service should exist.

In cases where the nature of the relationship is unclear, the courts have developed various tests to determine the type of contract that exists. Read through each question and circle "yes" or "no" as it applies to your situation and tally the results. This will give you an idea as to which category you fall into. However, in some cases, IRD will have the final say on this.

| CONTROL TEST | | Independent contractor | Employee |
|---|-----|------------------------|----------|
| 1. Does the worker supply their own material? | YES | NO | |
| 2. Does the worker supply their own tools and equipment? | YES | NO | |
| 3. Can the worker decide what hours s/he will work? | YES | NO | |
| 4. Can the worker refuse a job? | YES | NO | |
| 5. Is the worker bound by the principal's rules/policies? | NO | YES | |
| 6. Can the worker take time off whenever s/he desires? | YES | NO | |
| TOTAL for <i>Control Test</i> | | | |

| INDEPENDENCE TEST | | Independent contractor | Employee |
|---|-----|------------------------|----------|
| 1. Is the worker liable for GST? | YES | NO | |
| 2. Is the worker liable for self-employed ACC levy? | YES | NO | |
| 3. Does the worker advertise for work? | YES | NO | |
| 4. Does the worker invoice the principal? | YES | NO | |
| 5. Can the worker make a loss from their activities? | YES | NO | |
| 6. Does the worker have his/her own client base? | YES | NO | |
| 7. Does the worker have his/her own accounting system? | YES | NO | |
| 8. Does the worker benefit from increased productivity? | YES | NO | |
| 9. Does the worker pay any overheads related to the job? | YES | NO | |
| 10. Does the worker attend training courses in the field? | YES | NO | |
| 11. Can the worker simultaneously work for another principal? | YES | NO | |
| TOTAL for <i>Independence Test</i> | | | |

| INTENTION TEST | | Independent contractor | Employee |
|--|-----|------------------------|----------|
| 1. Do both parties agree that the worker is an independent contractor? | YES | NO | |
| 2. Is the worker liable for GST and self-employed ACC levy? | YES | NO | |
| TOTAL for <i>Intention Test</i> | | | |

| ECONOMIC REALITY TEST | | Independent contractor | Employee |
|---|-----|------------------------|----------|
| 1. Is it normal to employ independent contractors in that industry? | YES | NO | |
| 2. Does the nature of the work justify the employment of the worker on an independent contractor basis? | YES | NO | |
| TOTAL for <i>Economic Reality Test</i> | | | |

how does this affect how I pay my taxes?

A taxpayer's tax obligations differ according to his or her employment status, so it is important to know if he or she is an employee or not. There are two main differences between an independent contractor and an employee.

These are:

1. An employee can't claim any expenses against their income — an independent contractor can.
2. An employee has PAYE deducted from their income; where as an independent contractor is responsible for their own taxation.

FROM THE OWNERS' POINT OF VIEW

| Employee | Independent Contractor |
|--|---|
| <ul style="list-style-type: none"> • Pays workers at regular intervals. • Must deduct PAYE from wages and pay to the IRD, on a monthly basis. (Otherwise they may be liable to penalties or prosecution). • Cannot pass expenses onto employees (e.g.: advertising, shift fees). • May be liable for FBT. • Responsible for paying ACC on employee wages. • Must have employees fill out an IR330 Tax Code Declaration when they start work, showing real name, IRD number, tax code and be signed. Otherwise PAYE is deducted at non-declaration rate. • Must keep a wages book • Employees are entitled to sick leave and holiday pay. | <ul style="list-style-type: none"> • Payments may not be on a regular basis. • Can pass on expenses and charges to the worker (eg: advertising, shift fees). • Must keep a record of payments made. • Is entitled to a GST deduction for payments made to independent contractors who are also GST registered. • Should have a written contract for services provided. |

FROM THE WORKERS' POINT OF VIEW

| Employee | Independent Contractor |
|---|---|
| <ul style="list-style-type: none"> • Must provide employer with your real name and IRD number when you start working. • Get paid at regular intervals. • Are entitled to holiday pay or sick pay. • Employer can control what work you do and how you do it. • Have PAYE deducted from your wages. • Cannot claim any expenses in tax return. | <ul style="list-style-type: none"> • May not get paid at regular intervals. • Can claim expenses against your income. • Not entitled to holiday or sick pay. • Should have a written contract. • Responsible for paying own income tax and filing annual IR3 return. • May be required to pay provisional tax. • Responsible for paying own ACC levies |

an example—employee or independent contractor

Lucy has just started working in a brothel and has signed a contract stating that she is responsible for her own taxes. But is she?

Let's have a look at the circumstances.

At the onset Lucy had to pay a bond of \$200. Attached to the contract she signed was a list of rules. It was explained to Lucy that if she broke one of these rules she would either be fined up to \$500 or dismissed. For example, should Lucy fail to show for a shift she will be fined \$100.

With respect to clients Lucy was told the following:

- That she must work set days as per the roster.
- That she can't refuse a client.
- That she will receive \$80 for each client and is not to negotiate a higher figure with the client.
- That if the client complains she will be dismissed.
- That her money will be held by the manager and paid to her at the end of the shift.

- That the manager will take \$20 out of her money as a shift fee before the money is paid to her. Lucy is told that the shift fee will be charged regardless of whether she has a client(s) or not.

Lucy has been unable to negotiate any of the conditions set by the brothel.

The brothel provides towels, soap and lubricant. Lucy is only required to supply her own condoms.

The contract that Lucy has signed also states that she can't work independently or for any other establishment while working at this brothel.

Lucy doesn't really believe that she should be responsible for her own tax but feels she has no other choice.

Conclusion

Given the above circumstances that brothel should be deducting PAYE as Lucy is an employee and should not be responsible for her own tax.

If you don't believe you should be responsible for your own tax, contact either your local NZPC office for advice or contact Inland Revenue to speak with someone experienced in self-employed sex workers' tax issues.



greek sirens a beginner's guide to anal sex

Every now and then NZPC gets queries about anal sex and it seems some sex workers are still a bit hazy about the physical and safety details.

If you have been thinking about anal sex and are curious about adding it as a speciality to your working repertoire, this article aims to pass-on the knowledge necessary for you to do so safely and comfortably. It also aims to increase professional understanding of the anal area as an erogenous zone.

safe sex

Anal sex has received a lot of attention because of its high-risk associated with the transmission of HIV/AIDS and other STIs. If condoms are not used. This significantly heightened risk factor exists during unprotected sex because the skin lining the rectum has many blood vessels running directly under it creating an environment where HIV in infected semen can be easily absorbed into a person's blood stream. It is important to realise that the risk of HIV transmission during anal sex becomes negligible when condoms and lube are used according to safer-sex guidelines.

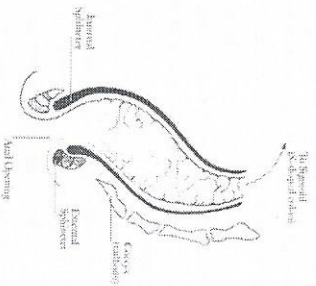
Use extra-strength condoms and plenty of water-based lubricant. Avoid using soap as this can cause a lot of irritation inside the rectum and NEVER USE vaseline, oil, hand, body or face creams/lotions as these will cause condoms to break. Use dental dams for oral-anal play. Avoid using the same condom or dental dam if moving between oral, genital or anal sex. Do not make the mistake of using more than one condom assuming (wrongly) that it will make it safer (the friction between the two condoms may make them break).

the body

To have comfortable and safe anal sex, it helps to understand the basic physiology of the part of the human body involved. It is worth knowing that in a healthy person faecal matter is stored in the caecum (or upper bowel) where the penis or similar object is unlikely to reach. After a bowel movement, providing your diet is adequate in fibre, all faecal matter should be expelled from your rectum. If you want to make sure this is so you can douche with warm water (the rubber bulb-shaped 'ear syringe' sold in chemists are good for this purpose). Douching shouldn't be done regularly as this can irritate the rectal lining. A bath or shower before anal sex is adequate for cleaning this area. Medical advice warns against using enemas regularly

as they are a lot more invasive and can cause trauma to the rectal walls, which can in turn increase vulnerability to infection. Enemas can also interfere with the body's natural ability to defecate.

The 'anus' refers to the external opening and the inch or so of space directly inside the back passage or 'rectum'. The space between the external sphincter (the muscle around the anus) and the internal sphincter (the muscle behind the anus) is called the anal canal. The two sphincters are controlled by two different muscle groups and work in counter motion to each other (this is important to note when it comes to relaxing and receiving a penis or object in the rectum. The space through the anal canal up into the rectum is shaped like an S-curve.



The mechanics

No pain

You may need to experiment to find what angle of entry is comfortable for you. Anal sex should never involve straining, force or pain. Any advice that suggests a certain amount of pain is necessary should be disregarded. If your anal/rectal muscles are relaxed and entry is on the right angle there should be no pain. It is not uncommon for it to take 20 minutes or longer for the anus and rectal passage to expand and embrace the length and girth of a penis or object (porn actors have years of experience, are usually fucking someone who they regularly perform with and the videos are sold with breaks in the action edited out). The anal/rectal relaxation process involves getting the sphincters to work in sync with each other to take-in rather than push-out. This has to do with body memory and the more your body becomes familiar with something going in and learns to relax with the sensation, the easier it will become.

Exploring

Foreplay, both general and around the anus is important as it will help the anal muscles relax. Visualizing the anus opening-up can also help. Using chemical assistance to help relax is not advised as it seldom means the body is actually relaxed but rather that

you are less inclined to register the pain or trauma. Some authorities suggest that people new to anal sex practice explore their limits through masturbation with smaller through increasingly larger objects such as a finger, a butt plug, then a vibrator; moving later if they desire to mutual masturbation and sex with a partner. If you intend on using sex toys it is a good idea to buy one with a flared base that won't disappear inside you or your client. If you are a woman who regularly has clients who wish to have anal sex performed on them you might want to consider investing in a dildo and harness or a flexible vibrator. Safe sex rules apply to all sex toys including your trusty dildo and vibrator. Change condoms for each sex act, use lots of lube and clean them thoroughly in hot water afterwards.

Satisfying your client

For some clients size need not be the object of the exercise; some sex workers find inserting a finger (with a condom on it) or similar object into the client's anus can encourage him to cum more quickly — this is a handy tip if he has been pounding away for ages. When working with a client who is receiving anal sex it is unlikely that he will be satisfied with anal sex alone. Stimulation of his other erogenous zones such as his penis, scrotum, nipples, etc. may be necessary. For most men receiving anal sex stimulation of the prostate gland serves as a focus of pleasure. The prostate needs to be stroked not prodded. Not easily felt through the rectal wall by an insertive partner; it is located about nine centimetres into the rectum in the direction of the navel.

Editor's note: *The insertive partner is the person that is doing the penetrating.*

Position

Some people find receiving anal sex makes them feel extremely vulnerable and unpleasantly intimidated with their client. If you are receiving anal sex from a client, one way to maintain control is to use the position dubbed the 'monkey-on-a-stick'. This means if you are receiving you lower yourself onto the penis of a client who is seated or lying-down. Obviously you would apply lots of lube, use an extra-strength condom and be relaxed.

Toys suitable for anal play can be purchased from most adult shops.

Troubleshooting

Sexual health

Discomfort can occur during anal sex for several reasons. You may have an existing problem such as an ulcer or fissure. It is not uncommon for cross-infection to occur between the genitals and the anus even when a person is not having anal sex (cystitis infection commonly happens this way). Your rectum may already be sensitive because of prior infection. Get it checked out! Remember always to use a new condom or dental dam when moving between vaginal, penile, oral and anal sexual activity. It is important when discussing your sexual health concerns with your doctor or nurse that you tell them if you are having anal sex so that they know to consider the rectum as a site of possible infection.

If you have been rectally infected with Gonorrhoea or Chlamydia for example, the symptoms may not be obvious and tests need to be taken from the right place.

Other common medical problems such as constipation and haemorrhoids can be directly linked to anal tension caused by stress or poor diet. It is a myth that anal sex will result in haemorrhoids, rather learning to relax the muscles required for anal sex will only improve the health of this part of the body; as well as improve the health and tone of the pelvic floor muscles — the muscles that control orgasm and continence.

Anxiety

The other reasons why you may find anal penetration uncomfortable involve the interplay between the mind and the body. To have comfortable anal sex it is necessary for the person receiving it to want to have it. This is not the same thing as desiring the client — if this was the case virtually all sex most of the time would be impossible, rather it means that the receiver must feel confident about having anal sex (lying back and thinking of the money or England is not an option here).

Many sex workers have no interest in offering anal sex to clients. However, research in New Zealand shows that anal sex is nevertheless being provided by about ten percent of female sex workers. Sometimes these sex workers are given a hard time about providing this service. Whether anal sex is a service you feel comfortable providing or not, no one should have to face discrimination over the issue. It is fine to decline clients who request anal sex. If these clients are persistent you should

refer them on to another worker who is more comfortable with this service. Respect their choice.

The mind

If the body is tense it is often reflecting what the mind is thinking (even unconsciously). It isn't easy to feel good about being sexual in any sort of way when the weight of society is against your sexual practices. It can help to explore the basis of this negativity and meet it head-on.

Fear

Frequently in our society anal sex is linked through shit to dirt and is then condemned as perverse, unnatural and sinful. In condemning this kind of prejudice it may help to note that anal sex has been practised throughout history and by both heterosexual and homosexual couples. In many parts of the world right up to this day, anal sex is the primary form of contraception.

No means No!

Okay but what if anal is something that you are not prepared to do? As one experienced sex worker states:

"If a client wants to do something on your no list, then confidently say no! They always hassle me for anal and I'm not into it. 'No, I don't do that' should be enough to make them back off."

If you are having anal sex with your clients we hope that this article has provided some information that will support you in keeping safe.

MORE INFORMATION?

Contact NZPC or your local Sexual Health Clinic.

safer sex with toys

Ex-hi-bi-tion

1. A public display, usually for a limited period, of a collection of works of art or objects of special interest.
2. The displaying of something in public.
3. A demonstration of a particular skill or craft.
4. A display of a particular type of behaviour, usually bad behaviour.

"When I walked into the peepshow for an interview I didn't have to do anything except say that I knew what was involved and that I was prepared to do the job. And a woman just thrust this box at me saying, "here you are then" and inside this plastic box with a cellophane lid was a white plastic vibrator. She said "you know what to do with this, go on, you've got the job." *Margaret Austin, Author of 'Dancing Naked' talking about her experiences in Amsterdam.*

Some clients find latex replications of penis' terribly exciting; so exciting that they are happy to pay to watch a sex worker 'play'

with one. It's probably not terribly beneficial to analyse why so many clients want to watch sex workers penetrate themselves, but if you're comfortable with the idea, it may be a way to make more money. Sex toys form a part of most peep show acts; and certainly BDSM. Some clients will just want to watch and others will want to take the upper hand and use toys on you. A sex toy can be something as simple as a feather or handcuffs and can be used subtly in normal jobs and charged as an extra. When sex toys become 'tools of the trade' we need to be conscious of how to use these tools in a way that doesn't introduce infection. Safer sex is a consideration when using toys. We all know that you can't catch STIs from toilet seats or bathtubs, but what about sex toys? Obviously you're not going to let your toys get covered in his body fluids, but how do you go about safely managing the use of objects that are going to penetrate you and possibly your clients?

So let's get down to the basics: what toys are appropriate to use in sex work and which ones should be left in the shoebox under the

'adventurous couples' bed? We spoke to a New Zealand based manufacturer of sex toys, a sexual health doctor and a sex worker.

Question: What are the general rules for safe sex with toys?

Doc: What exactly is the risk with sex toys? A search through the medical literature was fruitless. It is unlikely that anyone has sat down to calculate the percentage risk of transmission for passing infection via inanimate objects, so common sense must prevail. Generally speaking infections are divided into two camps:

1. Those infections that are passed on by body fluid, vaginal mucus and semen. These include Chlamydia and Gonorrhoea. Hepatitis A can also be passed this way.

2. Those that are in the blood and are passed onto the next person by infected blood getting into cuts and abrasions. These include HIV, Hepatitis B and Hepatitis C.

Manufacturer: The general rules are just the same as they are for safe sex basically. You don't want to have any mixing of bodily fluids at all, so if you're going to share dildos etc between people then condoms are the best way.

[For cleaning] generally we recommend that people just use water and soap. It's really very simple, just in the shower rinse it, make sure you rinse all the soap off and it should be fine.

Sex worker: I've heard that some people boil their silicon dildos for three minutes to sterilise them.

Doc: And some people even say that even boiling a dildo for three hours will not sterilise it. I can't envisage even the most eager germ phobic person boiling something for three hours every time they use it.

As a basic rule, washing most objects in soap and water is quite adequate and poses no risk that infection will still remain.

You can also clean objects in 1:10 dilution of bleach for 30 seconds. Of course rinse any remnants of the bleach off with water afterwards.

Manufacturer: I think that the thing with safe sex is to keep it really simple and in most cases there are just a few basic rules to follow: always use lube, always use condoms or dental dams and always have a box of latex gloves around.

NZPC: A condom on the finger also works just fine for anal penetration.

Doc: You should use gloves if you are inserting fingers into a client's anus, mouth or vagina to avoid scratching them. If the client is doing this to you then he or she should be given gloves to use. Getting internal scratches from finger nails is common and can result in a port of entry for Hepatitis infections.

Sex Worker: Shit! I wouldn't let my clients probe me with or without gloves! I'll be in control of probing!

Manufacturer: Just keep it simple, know exactly what you've got and how to deal with it. Be prepared before hand, have thought it through, and then it's just a matter of course. Some people freak out about safe sex equipment and the process of it but it's pretty routine and it's pretty sexy you know, if you have a client and every time you put your glove on you flip it against your wrist, then as soon as they hear that sound it will trigger a response in them. Those sort of little tools make it fun. Keeping it simple is the biggest thing.

Question: So dildos and vibrators are simple to keep clean and be safe with, you just treat them in the same way you would a client, but what about other toys? How do you have safe sex with straddled paddles and whips? If a client with pimples on his back wants to be whipped, how can I be

sure the leather won't break his skin, cause some minor bleeding and then contaminate my whip?

Doc: [Whips and paddles] can sometimes cause minor abrasions. It is unlikely that bugs can be passed from one client to the next [via actual leather] because most bugs will die quickly once they are outside their normal environment.

Sex worker: It's easier if the leather is of the type that can be wiped down. You can do this by making sure the leather has been properly conditioned on both sides not just the shiny side. After wiping the leather down always treat it with a leather conditioner as well. This will keep the leather reasonably water-proof and supple.

Manufacturer: Yes, I would be switching to my soft leather whips and not be giving him a choice about that or insist that they bring their own.

Question: Should I choose to use them, how do I clean metal toys such as nipple clamps, handcuffs or male chastity devices [aka Ball Crushers]?

Sex worker: Nipple clamps that are spring loaded may cause the skin to break if they slip off. Clamps that are screwed into place will not do this as they do not put any more tension on the skin than they had when



working with your period

they were screwed down. Cloverleaf clamps tighten when they are pulled or weighted. This makes them less likely to pull off and pinch the skin, causing tears.

If used properly and sensibly, handcuffs should not break the skin. Make sure you are using cuffs that have a safety catch and will not continue to tighten after they have been put on someone. Always have the key handy so they can be snapped off quickly if need be.

Good quality handcuffs are made of rounded metal and do not have sharp corners that may cause breaks in the skin.

Doc: There is no need to worry about bugs surviving on the metal toys themselves as bacteria and viruses do not survive for long on inanimate objects. However it is important to keep things clean so wash them with soap and hot water or a 1:10 dilution of bleach. Remember to rinse.

(Editor's note: be aware that bleach can erode metal over time except stainless steel. Avoid using bleach all the time with these items unless the metal you are cleaning is stainless steel.)

Manufacturer: Male chastity sort of things — the good thing about them is that most of them are made out of steel which is impervious or should be (unless it's pitted).

So there shouldn't really be a huge problem with sterilising that equipment afterwards. Of course I wouldn't put it straight on someone after I'd had it boiling [Laughter].

There are a lot of cock rings, male chastity devices and ball torture devices that are made out of leather which could cause a problem, in that case I'd say they'd have to bring their own.

Question: Any final words of advice?

Doc: As a simple rule, try to avoid doing anything that will result in you coming in contact with someone else's blood or body fluids.

Imagine sex toys as an extension of your own body and always cover it up if it is going to get mucus or secretions on it.

NZPC: When shopping for sex toys keep in mind easy to clean shapes and high quality material. There are a lot of cheap and nasty products on the market as well as some high quality New Zealand made products. Price is often a clear indicator of quality. Keep in mind that sex toys are tax deductible for sex industry workers, so keep your receipts! If you have any further questions regarding sex toys in the workplace, staff at the New Zealand Prostitutes Collective are happy to discuss your concerns with you.

MORE INFORMATION?

Contact NZPC or your local Sexual Health Clinic.

Perhaps you are one of those unlucky souls who truly suffer once a month. Your belly feels bloated, your nipples are swollen and sore and your abdomen spasms with cramps. Not everyone gets nasty periods, some only bleed for a couple of days while others for a full week, but either way, as a sex worker what do you do? Should you take time out, relax on a sofa and nurse a hot chocolate?

If you do experience bad period pain and heavy bleeding then maybe you need to take a couple of days off each month. Some places will be unacceptive or intolerant of this situation, and if this is the case, maybe you should look for a work place that can better accommodate your needs. However, you may be one of those blessed fairies that feel no different during your period, and bleed lightly. You may see your period as a cursed inconvenience attempting to interfere with cash flow, and if this is the case here are some tips on how to soldier on as a working girl at this colourful time of the month.

An old trick of the trade is to use sponges during your period.

Synthetic sponges can be inserted into the vagina prior to seeing a client. While working they will absorb the blood and be practically undetectable to the client.

Natural sponges are also okay, but are prone to breaking up when you tug them out. The sponge method does have its drawbacks though. Because the nature of the sponge is to soak up all surrounding moisture, they also tend to soak up all artificial and natural lube leaving your vagina dry and prone to irritation. You can get around this problem by constantly reapplying lube, but if you forget, the condom won't slide so well, running a higher risk of breaking, and things can get uncomfortable. Don't be afraid to reapply lube if you feel yourself drying up, even if the client is half way through getting his jollies.

Depending on the strength of your period flow, sponges need to be taken out and replaced frequently. This could mean rinsing them out after each job, and chucking them away at the end of your shift. (One sponge per shift.)

At times the sponge may not be able to soak up all the blood. There is also the hassle of removing the sponge at the end of the shift. Sometimes they are pushed up high in the vagina and are difficult to remove. Short of becoming a confectionist, this problem can't really be overcome.

contraceptive methods

Another benefit is that they do not become lodged inside you.

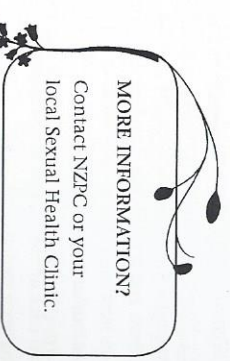
One way of removing a stubbornly lodged sponge is just to relax in a bath at home and suck up or push water into your vagina. Ideally the sponge will become heavy with water; with a little help from gravity and pushing out the water, the sponge works its way out. If you don't have a bath, you could use a basin full of water in the same way.

Add these possible 'sponge-problems' to your general hormonal moodiness and chances are you have transformed from fairy into hag from hell. This method of working with your period is still common, but it may not be the best for you.

An alternative way of stemming your flow is using a diaphragm to catch the blood and cleaning it out after every client. Although diaphragms are designed as contraceptive devices (see following article Double Dutch) they can also be used as an effective alternative to sponges. If you don't already have a diaphragm all you need to do is visit your GP to get one fitted. Some NZPC doctors can also fit a diaphragm for you. ('One Size Fits All' DOES NOT APPLY to diaphragms.) Once you get the hang of it they are easily inserted and removed. As with sponges, clients are unable to detect the presence of the diaphragm, but better than sponges, they don't dry you out, and you don't have to keep buying new ones.

Another alternative, if you are on the contraceptive pill (the pill), is to run the active pills together, missing out the sugar pills. A lot of women, including professional athletes and GI Janes, use this method to stop having their period when it is inconvenient. However, recently there has been a lot of scientific research into the effects this has on a woman's body. The general conclusion being that it is important for a woman to bleed sometimes. Running the pill together is safe to do every so often, but a woman's period has a natural cleansing role, and it is important to allow yourself to have a period some months.

Working with your period is an issue every working girl has to confront. Some of us will be comfortable with it and others never will be. Don't let anyone pressure you into working if you don't feel up to it...the health of your mind and bodies come first! If you have any questions or want further advice about sponges, diaphragms or The Pill, come and talk to the friendly sexual health team at NZPC or visit your local GP or Family Planning services.



MORE INFORMATION?
Contact NZPC or your local Sexual Health Clinic.

We all use condoms to protect us against sexually transmitted infections, but what's your backup plan if the condom breaks?

Obviously if a condom breaks there is concern of catching a STI from the client, but what are you doing to protect yourself from an unwanted pregnancy? The New Zealand Prostitutes Collective (NZPC) frequently hears from anxious sex workers who, following a broken condom need the emergency contraceptive pill (The Morning After Pill) or need a pregnancy test. You can avoid finding yourself in this situation by thinking and planning ahead. As a sex worker it is imperative you are using condoms with every client and wise to also be using a backup contraceptive. This way, in the unlikely event of a condom breaking you are protected against an unwanted pregnancy. This doubling up of contraceptives is sometimes called Double Dutch and for your own peace of mind you should look into the following forms of secondary birth control to use "double dutch" with condoms.

depo provera

An injection of progesterone hormones that stops the ovaries from releasing an egg each month.

Advantages: Usually no period (menses); one injection lasts 12 weeks.

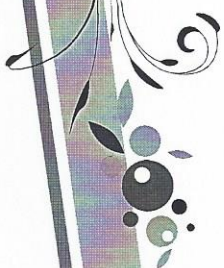
Disadvantages: Periods and fertility take an average of 6 months to return after stopping the injection. Depo Provera has been associated with a reduction in bone density. It is thought that this is likely to reverse on stopping Depo Provera use.

Health concerns: very slight increased risk of breast cancer; may reduce bone density; may have side effects e.g. weight gain, depression.

combined pill

Pill made of two hormones, oestrogen and progesterone that stop the ovaries from releasing an egg each month.

reproductive health



Advantages: Periods usually regular, lighter and less painful; less chance of cancer of uterus and ovaries; can be taken up to menopause if you are healthy and don't smoke.

Disadvantages: Need to get a renewed prescription from the doctor every three months; should not be used by women over 35 years of age who smoke.

Health concerns: No serious risks.

Intra uterine device (IUD) or hormone intra uterine system (IUS)

IUD: Small plastic and copper device put in uterus by a doctor.

IUS: Small plastic system to place progesterone inside uterus. This procedure is done by a doctor.

Both stop sperm reaching the egg.

Advantages: can stay in place for 5 years; more suitable for women who have already had children; IUS — suitable for women with heavy periods; IUS — causes lighter periods or no periods at all.

Disadvantages: The IUD may cause heavier periods or cramping. The IUS may cause irregular bleeding in the first few months; should not be used if the woman or her

partner has other sexual partners because of increased risk of STIs, pelvic infections and infertility. However, these risks are reduced when safer-sex practices are used (condoms and water-based lube). Either device (IUD or IUS) must be fitted by an experienced doctor.

Health concerns: Increased chance of pelvic infection when the IUD is put in or if you get an STI. Pelvic infection could cause infertility.

be safe, double up

Double contraception is a very sensible idea. Using the pill along with condoms has one important advantage. If the condom fails at least you won't be in danger of pregnancy. An advantage of oral contraception is that you can control your periods. It is possible to run the packets together so you don't have a period. However, if you do this, you should have at least three periods a year to prevent breakthrough bleeding. Depo Provera, another hormonal contraceptive, is administered by injections and lasts 12 weeks. Most women on Depo don't have periods. This is quite safe.

MORE INFORMATION?

Contact NZPC, your local Sexual Health Clinic or Family Planning Association.

pregnancy testing

If you suspect that you might be pregnant or have had a condom break during sexual intercourse with a client, a pregnancy test along with a check-up is advisable. Pregnancy tests are available free from NZPC clinics, GPs and Sexual Health clinics. Remember, early testing means more time for decisions and choices.

emergency contraceptive pill (ecp)

Commonly known as the "morning after" pill, this is a quick and easy method of helping prevent a pregnancy after you have had unprotected sex or the condom has broken. You will need to get to a health provider within 72 hours of the unprotected sex. ECP is effective when taken up to 3 days (72 hours) after unprotected sex. To obtain the ECP you could go to your GP, Family Planning Clinic, Sexual Health Clinic, NZPC Clinic or your local pharmacy. This pill is free or cheap to anyone under 22 or Community

Service Card holders. Don't delay, the earlier you take it the better.

The ECP pill is a new pill which unlike the old one doesn't cause any nausea or side effects. You will be given one pill to take. It is a good idea and strongly recommended that you have a pregnancy test and STI check about three weeks later.

There is a two percent failure rate with the new Emergency Contraception called Posthor so don't put off having a pregnancy test if you don't have a period within three weeks. Your period may be early, on time or late and sometimes it may be a bit heavier.

another option

The abortion pill, RU486 has been recently introduced to New Zealand. It is really important if you want a choice of pills or operation when an abortion is needed that you have a pregnancy test as soon as you think you may be pregnant or have missed a period.

Then you must see a doctor who will refer you to the abortion clinic as soon as possible. The new abortion pill is used as an early abortion method and needs to be given by nine weeks gestation. Scans and various appointments are needed before the RU486 (called Mifegyne in New Zealand) can be administered.

You will need to get to a health provider within 72 hours of the unprotected sex

MORE INFORMATION?
Contact NZPC or your local Sexual Health Clinic.

condom breakage or slippage

In the event of a condom breaking or slipping off regardless of whether the guy has ejaculated, there is the potential for the exchange of body fluids, in either direction, between the two partners. Some STIs will not show up for two to three weeks. Book a check up and explain that you have had a condom break during sex.

action to be taken in the event of condom breakage or slippage

If you or the client realises that the condom has broken or has slipped off or there is leakage of semen, you should ensure the following steps are carried out to protect the health of you and your client.

During vaginal or anal sex

Stop the service immediately. **The insertive partner (person inserting the penis in the vagina or anus)** should withdraw holding the condom on at the base of the penis, he should then urinate to clear the urethra and wash the genital area thoroughly, particularly under the foreskin if present.

The receptive partner (person receiving the penis either in the vagina or anus) should remove excess semen:

- **From the vagina** by squatting and squeezing it out using vaginal muscle exertion. Fingers can be used to scoop out any excess semen that remains, however care must be taken to avoid scratching the lining of the vagina with nails or jewellery. It is recommended that you remove your jewellery and put a latex glove on before you insert fingers into the vagina. It is not necessary to urinate.
- **From the neo-vagina (vagina by way of reconstructive surgery)** by urinating. Fingers may be used to remove excess semen, with care being taken not to scratch the lining of the neo-vagina with the fingernails. As before, latex gloves should be worn before inserting fingers into the vagina.
- **From the anus** by sitting down on the toilet and bearing down. Fingers should not be used in the anus.

During oral sex


The receptive partner (person receiving penis in the mouth) should spit out any semen, and rinse their mouth with a chlorhexidine-based mouthwash, a diluted tea tree oil mixture or Betadine. They should not brush, floss their teeth or eat for at least an hour after.

The insertive partner (person inserting penis in the mouth of other) should urinate and wash the penis thoroughly, particularly under the foreskin.

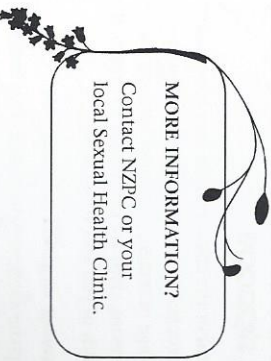
During trick sex (trick sex involves inserting the penis between the buttocks, thighs, breasts or hand/s. It is usually done to mimic vaginal or anal penetration).

The insertive partner (person inserting penis) should wash the genital area thoroughly, particularly under the foreskin if present.

The receptive partner (person receiving penis) should wash the area on body that came in contact with penis and semen with an antiseptic wipe or mild antiseptic like a chlorhexidine-based preparation or Betadine solution.



book a
checkup and
explain that you
have had
a condom
break
during sex



MORE INFORMATION?
Contact NZPC or your
Local Sexual Health Clinic.



the condom
has broken

and there's no way you want
to get pregnant to a client!

DON'T WORRY HELP IS AT HAND

What is the morning after pill/ecp?

If the condom broke when having sex with a client and you weren't using a back-up contraceptive, the Emergency Contraceptive Pill (ECP) aka the Morning After Pill, can be taken to prevent pregnancy. Technically, the ECP is a high dose of the progesterone only contraceptive pill. What this means is that it stops pregnancy by preventing the release of an egg from the ovary. It may also cause changes in the lining of the uterus and discourage implantation of a fertilised egg. Because of the intensity of the dosage, the ECP should be used following 'emergencies' such as broken condoms and not as a regular contraceptive. **The ECP does NOT protect you from sexually transmitted infections.**

The side effects of the ECP can make it unpleasant too, but not as unpleasant as facing an unwanted pregnancy.

going to the pharmacy to get the morning after pill

So you seem to have a nosy pharmacist with a lot of questions. Try not to get defensive; pharmacists are legally required to gather information from you before handing over the ECP. Some of the questions they ask are to ensure that the ECP is not hazardous to your personal health. Any information gathered is kept strictly confidential.

You will be asked the following questions:

- Your name and address (you do not need to give your real name if you do not wish to do so).
- If the pill is for your own use, you can send someone else to pick it up but the pharmacist will need to have a phone consultation with you.
- If it is appropriate for you to take the ECP — e.g. did you have sex less than 72 hours (three days) beforehand?
- When was your last period?
- Are you already pregnant?

- What type of contraception you are currently using and if you need the ECP because the condom broke?
- If you are taking any medication including herbal remedies? (for example St. Johns Wort will cancel out the effectiveness of the ECP).
- Any health problems? For example any bowel or stomach problems, chronic diseases, etc.
- If you have had the ECP before and how you reacted to it?

they will also talk to you about ongoing contraception

The pharmacist will then give you a packet with one pill (**Levonelle-1™**) and an information booklet. If you go to the chemist without a prescription this little packet will cost you approximately \$30. If you have a prescription from your doctor it will only cost you \$3.00. Alternatively you can get the ECP free from a Sexual Health Centre or NZPC clinic (Auckland, Wellington and Christchurch).

how to take it

You will need to swallow one tablet as a single dose.

side effects

You may experience some minor side effects. These include tender breasts, stomach pain, dizziness, fatigue, nausea and in some cases, vomiting. It may help to take the pills with food. Plain stodgey food like bananas, bread and pasta are good.

BUT! If you do vomit, seek advice from your pharmacist, doctor or nurse as soon as possible. You will need to take another pill. You may need to take anti-nausea pills before swallowing the replacement pill. Ask advice from the pharmacist in this circumstance.

It is advised that you see your doctor or Sexual Health Clinic for a check up three weeks after taking the ECP. This is just to ensure the ECP has worked in preventing pregnancy and it is also a good opportunity to ensure you didn't catch an STI.

MORE INFORMATION?
Contact NZPC or your local Sexual Health Clinic.

working wisely



Obtaining an STI can mean a loss of money, so workers have to be well aware of sexual health issues.

- Learn what the signs and symptoms of the major STIs are and how to protect yourself and others.
- Do whatever you can to prevent becoming infected.
- Have regular sexual health checks to detect any infections early.
- If you detect any symptoms of an infection in-between your scheduled sexual health checks, don't waste any time and go to a clinic straight away.
- Get treatment immediately for any infections.
- Inform your sexual partners if necessary and do whatever you can to prevent infecting other people if you develop an infection.

If you get any of the following symptoms of STIs, it's a good idea to go and get checked out at NZPC or your local sexual health clinic, Family Planning clinic or GP (doctor).

vaginal symptoms to watch out for

This list does not include the symptoms for the sero-conversion illness you get when your body produces antibodies to HIV or illness and symptoms associated with Hepatitis B.

A healthy vaginal discharge is the fluid that the vagina produces to keep itself moist. A healthy discharge is usually whitish and dries yellowish on underpants. It varies through the monthly cycle. Signs of an infection include:

- Change in colour or smell of vaginal discharge or any unusual discharge or blood.
 - An itchy or sore vagina.
 - Burning, stinging, pain or irritation when passing urine.
 - Blood in the urine or urinating more often than usual.
 - A sore, blister, ulcer, wart, rash or skin breaks on the vulva, lips or around the genital area.
 - Pain during sex, low abdominal pain or deep genital pain and tenderness.
- Anal symptoms which could be STIs:
- A sore, blister, ulcer, wart, rash or skin breaks around the anus.

- Pain on defecation.
- Anal discomfort with pus, mucus or blood.

Penis and scrotum symptoms:

- Burning, stinging, pain or irritation when passing urine.
 - Blood in the urine or urinating more often than usual.
 - Clear, milky or yellow discharge or any unusual discharge or blood.
 - A sore, blister, ulcer, wart, rash or skin breaks on the penis or around the genital area.
 - Itchy red spotty rash usually all over the penis including the head.
 - Painful swelling of the head.
 - Painful swelling, discharge with pus or narrowing of the foreskin if uncircumcised.
 - Deep genital pain and groin tenderness.
 - Difficulty in maintenance of erection.
 - Pain, tenderness or swelling in the balls.
- Other symptoms which could relate to STIs:
- Non-itchy rash on palms of hands or soles of feet.

- Persistent sore throat and pain on swallowing.
- Tiny grey or reddish-brown eggs that look like crabs attached to the shafts of pubic hair or a black speck in underwear.

- Blisters or red inflamed areas on your mouth, fingers, buttocks, torso and eyes.
- Waxy, pale raised spots like pimples with a pit-like centre — anything from 1 to 10 mm wide and with a red sore ring around them, usually on the groin area, lower abdomen and thighs rather than on the genitals.

sexual health checks

Safer sex practices are only half the story. The other half is that if you are a sex worker it's important to get your sexual health checked regularly, to ensure you detect any STIs early and get treatment. This helps to minimise lost shifts because of sickness or having an outbreak of herpes or thrush which can make working pretty uncomfortable and riskier for HIV infection. It also reduces the risk of infecting others.

A check up will not protect you from STIs

Checkups don't protect you from HIV or STIs, they only tell you if you currently have an

infection. If nothing shows up at your regular check up you could still be infected but it's too early to tell.

And having an infection and getting it treated is a poor alternative to safer sex and prevention.

It's advisable to have a check up every three months if you are an experienced worker and use condoms every time at work and in private. Less experienced workers are advised to have a check up every four to six weeks.

Sexual health services, and NZPC in Auckland, Wellington and Christchurch, provide confidential free clinics. Give NZPC a call if you have any concerns about confidentiality and your rights as a patient. Health workers should not be contacting management or anyone else about test results.

certificates are pretty useless

Medical certificates don't protect you from HIV and other STIs. Most certificates are pretty meaningless. They represent a snapshot in time which means that the results are only valid up to the date when the test was done. Furthermore, any STI acquired days before the test is usually not detected because infections have a minimum

incubation period before they are detectable (some infections require weeks before they can be detected). In other words, a negative test result provides limited information on the health status of an individual and in all cases provides no sure proof that the individual is free of an STI.

Do not be fooled by clients that want to have unprotected sex and show you a sexual health certificate as proof they are free of STIs. That may be fine for their personal partner or lover but for you the certificate should mean nothing. Some clients may be very famous, rich or powerful. Remember that if you get sick they won't pay you for loss of income. So don't be seduced by the drum roll.

Some managers who say the certificates are compulsory often threaten workers with being sacked or a fine if they don't get one. They also use certificates to promote their services to the client as being 'clean'. Their motivation is for good business — not for your health and certainly not your privacy. It is also illegal for a manager to use medical certificates to imply that persons working for him do not have STI. If they do so, they can be fined up to \$10,000 in accordance with the Prostitution Reform Act, 2003.

The same applies to sex workers; you must not use a medical certificate as a means to convince clients to have sex with you. If you do you can be fined up to \$2000 in accordance with the Prostitution Reform Act, 2003.

sexual health checks protect your livelihood

Compulsory certificates discriminate against workers because the same standards are not required from clients. However, the sexual health checks themselves are an extremely valuable part of looking after yourself and protecting your livelihood.

What the check up should look for

Ultimately the decision on how often and what to screen for is always yours — but the following is a suggested checklist.

Regularly — discuss this with your health care provider

- Chlamydia — swab
- Crabs — examination
- Gardenerella — swab
- Genital warts — examination
- Genital herpes — swab from a sore
- Gonorrhoea — urine sample, genital and throat swab

- Molluscum — examination
- Monilia — swab
- Trichomoniasis — urine sample, swab

Every three months — blood tests for:

- HIV
- Hepatitis B
- Syphilis
- Hepatitis C if appropriate history of drug use and risk of blood exposure, sex toy use, sex during a period, etc.

Every 12 months:

- PAP smear
- Breast check

Where to go for a check up:

If you prefer your own GP, it's a good idea to check the list above to make sure that you are being screened for all the STIs that are around. GPs are rarely experts in this area. You may prefer to go to the NZPC or Sexual Health Clinic, where the services are free, confidential, anonymous and very thorough.

taking control of safer sex what's safe and what's not

Safer sex is any sexual activity which does not allow pre-cum fluid, semen, vaginal fluids or blood to pass from an infected person into the mouth, vagina, anus or any other place whereby the infection can enter the bloodstream of the other person.

- A sexual practice designed to reduce the risk of catching sexually transmitted infections.
- A sexual practice that does not involve the exchange of bodily fluids, including blood, sperm, vaginal secretions, and saliva, to avoid HIV and other STIs.
- Sex without penetration, or sex using condoms in the proper manner and spermicide, and/or dental dams, with consistency.

What's not safe? Any intimate or sexual activity that involves exchange of bodily fluids, including blood, sperm, vaginal secretions, and saliva or any sexual activity without the proper use of a condom or dental dam.

Condoms should always be used

Condoms should be used every time a penis enters your body or touches your body —

whether it's your mouth, vagina, anus or simply rubbing up against any of these parts. Remember that some STIs are transmitted through skin-to-skin contact so a hand-job or rubbing up naked against client's genitals can expose you to certain types of STIs.

Use strong condoms for anal sex

Unprotected anal sex is a high risk for HIV and other STIs — receptive or insertive. Thick, extra-strength condoms with extra lube are best for anal sex. Avoid using thin latex condoms but rather use standard or polyurethane condoms.

cover any cuts if you shave your body or armpits

Don't allow clients to cum or bleed on you if you shave your body. Cover any cuts or abrasions with a plaster.

trick sex can be risky if you shave

Trick sex can be risky if you shave around the genital area or have cuts or abrasions. Be careful and don't let clients cum on you. Always use a condom and cover any cuts or sores on your hands.

use gloves and lube for fisting or fingering

Putting fingers or the hand into the anus or vagina can introduce bacteria into this area and cause infection. Furthermore, it can be rough and damage the walls of the vagina or the anus which allow HIV and other STIs to enter the bloodstream more easily. Micro-cuts and abrasions on the hands and fingers can put you or the client at risk of contracting an STI if either participant is infected. Fisting or fingering is made safer by using gloves and plenty of lube.

kissing is safe for hiv but not for herpes

Saliva is unlikely to transmit HIV so kissing is safe for HIV, but not for herpes, syphilis, genital warts or gonorrhoea. If you have a sore in your mouth, gums that bleed or any other wound in your mouth, kissing can put you at high risk of contracting an STI including HIV. It is important to be aware that brushing your teeth causes cuts and abrasions in the mouth and gums. It is advised to **not** brush your teeth if you are going to engage in prolonged kissing involving exchange of saliva.

don't share toys and equipment

If toys are shared during sex it is possible that semen, vaginal fluid or blood may be passed from person to person. Don't share toys or equipment. Keep your own toys for your sole use, use a new condom every time it is used or wash your toys carefully with disinfectant after each person uses them.

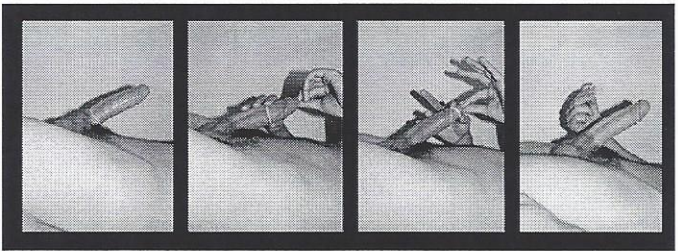
douches and enemas can weaken internal lining

Washing the anus or vagina can weaken the lining and make it easier for HIV and other STIs to cross the bloodstream. Douche and enema equipment should not be shared without thorough cleaning between uses. A bleach solution of 15 millilitres of bleach for every litre of water is good to use to sanitise your enema bag and tips. Rinse your hardware before and after you use the bleach solution.

how to use condoms properly

When to put the condom on:

- Put the condom on before any sex, when the penis is hard. Putting a condom on a soft or semi-hard penis can be tricky. It's a good idea to change the condom for a new one between oral and vaginal sex or oral and anal sex, as saliva weakens the condom.
 - Putting the condom on the client yourself is essential to stay in control. Don't let the client do it, and take your time to put it on properly.
 - Never use two condoms at the same time. Using two condoms is never safe. The condoms may rub against each other causing them to slide off or break.
 - Before you handle a condom make sure your hands do not have any oil-based product on them such as hand or face cream, body or massage oil, cooking oil or baby oil – these will weaken the condom causing them to break. Open the condom package gently in the middle. Be careful with fingernails or teeth so you don't damage the condom when you open the package.
 - Hold the tip between your thumb and
- finger so there is no air in the end of the condom, which can cause it to break.
- (Note: Some sex workers put a drop of water-based lube in the tip before putting the condom on the client. This is done to make the penis more sensitive and shorten the job. However, care should be taken in the amount of lube added (a small drop is more than enough – avoid a huge glob) as this can loosen the grip of the condom on the penis resulting in slippage during sex).
 - Gently pull the foreskin back with one hand if it's uncircumcised and roll the condom all the way down the shaft right to the base – lubricated side out. However, if the foreskin is very long and covers most of the head of the penis then pull it up and roll the condom down otherwise the condom can ride up or come off during sex. Take care with long finger nails or rings which can snag or tear the condom as you put it on the client.
 - Check that it's on properly before you start the job. If you don't get it on the first time, throw it away and start again. Never re-use a condom.
 - For vaginal or anal sex you need to put some water-based lubricant (lube) inside you (anus or vagina) and around the shaft of the penis on the outside of the condom.



(How to put on a condom: jugs obtained from Makiyeha/Waher)

which condoms and lube to use

The condoms you use are a matter of personal choice. NZPC stocks standard condoms

In various sizes which are preferred by sex workers. If you do anal sex or have rough clients, it's best to use double strength condoms.

It is recommended that you do not use flavoured condoms for vaginal or anal sex as these tend to irritate the lining the vagina and rectum. If you are giving the client a blowjob while he is wearing a flavoured condom and you proceed to vaginal or anal sex, it is best practice to pause, remove the flavoured condom and put on a non-flavoured standard condom (as described previously). If you experience irritation with one brand of condom then switch to another brand. Always check the expiry date. Condoms perish over time. Condoms are weakened by heat and sunlight, so keep them in a cool dry place — not the car or your pocket! Keep your lube in the same place as your condoms as it doesn't like heat either.

lube makes for safer sex

Although most condoms are pre-lubricated, vaginal and anal sex is safer and more comfortable with more lube. Which lube you use is up to you, as long as it's water-based, such as WeStuff or KY jelly. Don't use oil-based lubricants like Vaseline, body or massage oil, butter, vitamin, hand or face creams or baby oil as they weaken the condom.

Water-based lube lessens the wear and tear on the condom so there is less chance of it breaking. It also means less wear and tear on you, so don't be afraid to stop and apply lube while you are having sex.

Some workers find that using the same type of water-based lube over a prolonged period of time can cause irritation. If this happens it is recommended to switch between the different types of water-base lubricants available — for example switching from WeStuff Gold® to WeStuff vitamin e®, WeStuff plus® or WeStuff lite® which may be purchased from NZPC.

what do you do when he doesn't want it on?

Many clients don't understand that any STI puts both you and them at risk. They are either ignorant about the risks of HIV and other STIs or they don't like condoms. They may not understand or care that you are protecting their health as well as yours or that you are actually doing them a favour.

If a client does not want to put on a condom then you have the right and an obligation to refuse sexual services. Section 9, ss1, 3 & 4 of the Prostitution Reform Act 2003 makes it illegal to provide or receive commercial sex (sex for money) without taking all reasonable steps to ensure that condoms are being properly used by either the client or the sex worker.

Remember if a client tries to harass, pressure or intimidate you into not using a condom, the law is on your side. An offence to any part of Section 9, ss1, 3 & 4 of the Prostitution Reform Act 2003 is punishable by a fine of up to \$2000.

in addition to breaking the law you risk your income and your life if you work without using a condom

Clients may try to persuade or entice you into not using a condom by offering you more money. A job without a condom is just not worth it. Look at the situation and the risks — STIs can cost you hundreds of dollars in the long run because you will be too sick to work — even thrush or Trichomoniasis can make working extremely uncomfortable. Pelvic Inflammatory Disease (PID) and chronic pain associated with PID can mean the end of your working life. Most importantly the effects on your private life can be pretty devastating. Major infections such as hepatitis, herpes and HIV can cost you your health and wellbeing for the rest of your life. Many workers want to have children. PID can cause infertility, which means you will never be able to have any.

You have every right to insist on condom use to protect your own body. If you have a hard time, ask another worker for advice or speak to someone at NZPC.

negotiating condom use

Be prepared to be a sexual health educator and share your knowledge with the client. Dealing with stubbornness and ignorance will

also build your own confidence and strength. Be careful and suss the client out as you can be much more vulnerable without your clothes on.

There is quite a lot of work you can do where you don't need condoms — but only when there is no exchange of blood, semen, pre-cum, vaginal fluids or menstrual blood. You can offer a difficult client hand jobs, erotic massage, dirty talk, tease, mutual wanking, fantasy or voyeurism. Or you can offer to put the condom on with your mouth (practice this trick on your fingers or a cucumber). Ask him if he has ever watched the news or heard of AIDS. Tell him that you are not willing to take the chance or you can say that it is non-negotiable — No condom, No sex...that is the law.

Some good lines to try

- You will put lube in the tip of the condom or on the head of the penis to make it more sensitive and enjoyable for him.
- You are an expert at pleasing clients who wear condoms.
- He shouldn't judge your performance until he has tried it.
- It's agency/ parlour policy and all the other workers will insist he wears a condom.

- Rubbers turn you on.

- You will both be able to have sex for longer.

- The blow job will last longer because you like the taste of flavoured condoms.

- You have to take good care of yourself and that you are looking out for your boyfriend or girlfriend, your other clients and his other sexual partners – his wife, girlfriend or boyfriend.

If he still won't wear a condom, send him packing.

some clients will try to remove the condom

Even after persuading a client to use a condom, some will try to get it off again. They may try to pull it off or tear it while you're not looking. Again this is against the law and you can choose to report this to the police. A client in Christchurch who took the condom off during sex with a worker was fined in court. So watch out for tricks or for the condom sliding off by itself. Stop and apply more lube if you're getting dry. If the client queries you, tell him that condoms dry you out or that you enjoy it more with lots of lube.

getting the condom off

Remember — you are in control and it's up to you when the service stops — whether they have cum or their time is up.

- Always withdraw immediately after cumming. If you wait the penis will become soft and the condom can slip off. Hold on to the base of the condom when withdrawing to make sure that the condom doesn't come off and stay inside you or the client.

- Start at the bottom, use a tissue to push the condom up and off. At the same time, use another tissue to wipe the penis with your other hand as the condom comes off.
- Wrap the condom in the tissue and put it all in the bin. Flushing the condom down the toilet is not a good idea. Sometimes they don't flush and they can block the toilet. If they do flush, they can end up on the beach or hanging out of a dolphin's mouth.

NZPC would like to acknowledge the brilliant work of SWOP (Sex Workers Outreach Project, New South Wales) for producing this information. If any of you are heading off to Sydney to work, look them up if you need advice or support. They can be contacted on 0061 2 9319 4866 or at 461 Riley Street, Surrey Hill, Sydney.

MORE INFORMATION?
Contact NZPC or your local Sexual Health Clinic.



bi-doubles

The elusive threesome is a fantasy most, if not all, heterosexual males have thought and dreamed about. This is not a phenomenon just for men though, all types of people, cultures and generations have fantasised, been mesmerized by and have taken part in this type of alternative sex play.

We are initially taught that sex is an interaction between two people, and usually between a man and a woman. For most, the idea of entering into a threesome can be both liberating and exciting, and also a personal boundary pushing experience. To create a place for a third or even fourth person in a sexual encounter presents an interesting and somewhat open-minded opportunity. Everyone has a chance to be dominant or submissive, the participant or the observer, and where sexuality roles can be merged together. These dynamics are part and parcel of the threesome experience but for the sex worker a threesome, or rather the bi-double, poses a rather different experience.

The sex worker participates in bi-doubles first and foremost for the financial gain and

therefore the perspectives, attitudes and enthusiasm are different. These questions below are just my own personal view and experience as a sex worker, on the Bi-double service.

What exactly does bi-double mean and is it confined only to heterosexual couples and female sex workers?

A Bi-double service is as broad and as open minded as you want it to be. It can be a combination of 2 bi-women and 1 guy, 2 guys and 1 woman, 2 bi-men and a straight man and so on. My definition of the bi-double, which I offered with my partner, is of a two women bisexual fantasy. This is by my definition, where a client has the opportunity, through payment, to watch and be a part of a three-way sex session. There is also an alternative "Two girl double" service, where the women do not touch each other, but rather cater to the needs of the client only.

bi-doubles are not a service that most sex workers provide, why do you think that is?

The reality is that not all sex workers are bisexual and usually prefer to work alone in the bedroom. The only real reason some agree to do bi-doubles is for the money.

if you're heterosexual is it harder to participate in a bi-double?

If you choose to be part of a bi-double, you don't have to enjoy it, just pretend you are. Just like any sex job there is an element of performance. It is the facade of enjoyment and pleasure that all clients pay for, it is what we do, and the same goes for the bi-double. The only difference is there is now an extra person involved.

what can you charge for a bi-double service?

The charging price for this service varies between brothel and privates. As far as I'm aware a bi-double service is under the category of 'Fantasy', and therefore can be charged accordingly.

so you have to provide a bi-double service if you work in a brothel?

NO, you do not have to do anything you don't want to! I have been in a situation where I have seen brothel staff financially manipulate sex workers into doing bi-doubles just so the brothel can gain the income. I personally do not agree with these types of bully tactics, as all sex workers have the right to work in a safe, friendly and supportive environment. Also, you might not want to do the work if you feel undervalued or if the brothel is only giving you a small cut.

in your experience is it easier offering a bi-double with your life partner verses a coworker?

I had offered this service with my real life partner and the experience was both good and bad. On the one hand, we had each other to carry the workload, we were comfortable with each other, and we also had a routine that worked for both of us. On the other hand, it put an emotional strain on our relationship which we weren't aware of when we first entered into the arrangement. We really did not want to share each other with other people, especially as we were in a same

sex relationship and our clientele were only men. We, like most, did it for the money. It seemed like an interesting option at the time, we were new in our relationship and we thought it would be OK.

From first hand experience, I suggest you really talk about it with your life partner, be it boy or girl, heterosexual or gay. If you do choose to offer this service, it is best to create realistic boundaries to safe guard the relationship you have together; the same goes for platonic friendships/co-worker type situations. For example, one of our boundaries was that we didn't work with female clients or couples. The idea was to avoid the possibility of work insecurities and relationship problems.

is there a different way to treat a client if they are male or female?

A client may choose the passive or active role, and some are just happy to observe and self-serve. I guess all I can say is men love it; they will go along with what ever you do. If the client is a woman, my best advice is to treat her with care and sensitivity, and ask her what she wants. Again don't be pressured to do anything that either of you are not comfortable with or don't offer, as it may affect your working situation later.

do you have any advice on business and advertising aspects of the bi-double service?

Have a catchy name, etc "Peaches and Creme", "Ebony and Ivory", or a catchy title when you're placing an advertisement, etc

"Double Trouble", "Twisted Sisters" or "True Bi-double" This is a good way to catch your client's eye and imagination when they are scanning the paper or ringing a brohnel.

Try to emphasize your differences, you can change your hair colour to be different to each other, maybe wear contacts, frankly the possibilities are endless. My experience is that most clients like that they can be with two different types of women, men or mixed couples; this just adds to the fun of the fantasy.

Be equal in all financial matters, share the cost for all things you use together, then there should not be room for conflict, or bitterness.

tips for a two girl bi-double

Make sure you find a reliable and trust worthy co-worker to offer this service with, and someone that you trust and feel comfortable to interact with during sex.

Be a tag team and work together! You can share the work load and responsibility; don't let the other do all the work even if the client looks more interested in the other. You are a team, so support each other!!! For example, have one collecting the money while the other puts him in the shower, and at the end of the session, have one take the client to the shower while the other cleans up a little. This just makes for a smoother job and great if you're having a busy day.

When the client turns up, I always think it's a great ice breaker for both of you to give him a big hug, clients are usually really nervous so this relaxes them and makes it easier for you to do your job.

Be organised, make sure you both know what the other needs and use it to your advantage. If your worker partner needs more lube, you can take charge. You can also make it look erotic when in reality you're just making it more comfortable for your working partner.

If you and your working partner are performing oral sex on each other then you each need to use your own dental dam.

If you and your working partner are giving the client a blow-job you should switch the condom between turns (the point here is that **no one** should be sharing each other's body fluids).

If the client will be penetrating both you and your working partner then he must put on a new condom for each of you.

If you use sex toys, etc., a strap on, thigh harness or Dildo, make sure to keep them separate. Each of you (client, working partner and you) should have your own toy(s) — **do not share sex toys**. This keeps things clean and safe, as sometimes there can be lots of body parts everywhere. So be aware of what's being used on whom.

If using sex toys, also make sure you know what your working partner can take. You don't want to hurt your working partner. If the client is in front of you while you are using the strap on, all you need to do is pull it out, thrust against her bottom, and if you do it well the client won't tell the difference. Also you could pull her hair and distract the client, and then you don't have to thrust so hard. The idea is maximize the pleasure of the client's experience, with minimal effort and wear and tear.

Always use condoms on all of your sex gear, and change them regularly especially if using sex toys on each other or taking turns — don't take risks!

Have a routine organised. A session will not be the same for every client, but usually it can be planned in a casual sequence.

This will develop through time and practise. Relax and have fun. The clients will usually be so excited to have two to play with that you can pretty much control the session. So big smiles and put on a show! The more they watch, the more they get turned on, and the better and faster the job.

Watch out for each other. If a client is gross or difficult, support each other; even make faces behind his back. A wink here and there is good as well. We used to outline hearts on each other while the client was busy doing his business, this reminded us that we were there for each other and no matter what we were doing we were still a partnership.

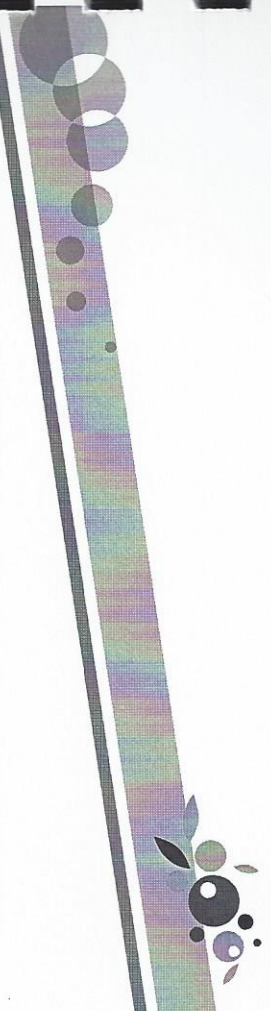
Always communicate! You both need to be able to talk about the good/bad and the ugly things that arise while working. If you don't like something the other does, say so. This cuts down disagreements and misunderstandings while on the job. Most importantly talk about the good things, the actions that got a good client response, and be willing to work on how to make things better and easier for each other in the future.

suggestions from other workers are:

- Distract client when changing the condom between sex acts. For example, one worker could do the top half of the client (play with client's face or press breasts up to client's face) while the other worker takes care of the bottom half (removes used condom and replaces it with new one).
- Watch out for mirrors if you're pulling faces behind the client's back when you're meant to be pretending that he's the next best thing since sliced cheese. Getting caught can be off putting for the client and embarrassing for you.
- Create some playful scenarios — keeping a theme going and carrying it out from start to finish will allow you to control the fantasy i.e. naughty client, dominant role play. Another idea is to start the session with the client watching you and your working partner going at it (if there are some acts you are uncomfortable doing then create the illusion such as going down on each other without the client clicking on) and gradually work the client into the fantasy.
- When working with heterosexual couples make sure you create a situation where

you can speak to the female partner in private. Sometimes female partners have been pressured by their male partner to participate in a three-way session. Talking to the female partner will help you establish what she (client) wants or does not want during the session. This would hopefully put her at ease and make the session run more smoothly. Of course it is also important to check that the male partner is not out of his comfort zone and is a willing participant.

- Try to talk in a private area or room before you go into the session. Find out what the heterosexual couple wants during the session. Ask them to tell you what their likes and dislikes are. Similarly, communicate to the couple and any other participant (working partner) what you are comfortable doing.
 - Most importantly, NO means NO! Explain that if you say NO all parties must stop what they are doing immediately and that if the unwanted activity continues you will end/cancel the session.
- Always remember that you are a sex professional, you offer a quality service to the community. This is still your profession and your business, so treat yourself properly, demand to be treated with respect, and remember you have the right to say no!



cystitis

Many women, sex workers included, are no doubt familiar with that burning sensation and the need to run off and bond with a toilet. In researching this article it seemed every woman I talked to had a "when I had cystitis" story to tell. One of the more bizarre stories was someone who thought teething gel would numb the pain and dabbed some on the affected area. Of course all this did was to intensify the pain. On the topic of bizarre, or more appropriately bizarre, another talked about leaping off a bus in India and rushing in search of relief through a market bazaar with a million eyes watching. Cystitis, as you can gather, is a very common problem for a lot of women.

what is cystitis?

Cystitis means inflammation of the bladder. Cystitis can be caused by infection but inflammation can arise from a variety of chemical and/or physical irritations.

- Passing small amounts of urine more frequently.
- Smelly urine.
- Lower abdominal pain, pain in public area
- Repeatedly waking and getting out of bed when sleeping to pass urine.

how do I know if I have cystitis?

Signs and symptoms include any or all of the following:

- A burning or painful feeling during or immediately after passing urine.
- The need to pass urine.

IMPORTANT: Pain or ache in the central back may indicate that the infection has gone up to the kidneys (pyelonephritis).

How do I get cystitis?

The anatomy of our lower urinary and genital systems makes us liable to infection and other inflammations of the bladder. The urethra is the tube through which urine passes from the bladder to the outside and is located under the clitoral hood. The clitoral glands is at the end of the urethra tube. Our urethras open onto the skin where there are plenty of germs including those from the bowel and vagina.

Bacteria only have to travel 4-6 mm along our urethras to reach our bladders. Most bacteria generally do no harm and stay on the skin but if they get into the urethra and bladder they find a great place to grow and cause inflammation. Ouch!

Men (wouldn't you know it) have it a bit easier in that their urethras are longer and the skin of the tip of the penis is less likely to host as many bacteria.

Sometimes you hear people call cystitis the honeymoon complaint because having a lot of sex can cause trauma to the urethra and bladder as they are very close to the front wall of the vagina. Friction resulting from intercourse is a major irritant, and can be enough by itself to bring on an attack.

Soaps, bath salts, talcum powders and other scented products can act as irritants. If you feel you absolutely have to use soap on the genital area and are prone to cystitis, try to keep it to a minimum.

Can cystitis be treated?

Diagnosis and Treatment

Diagnosis is made by having a urine test in the clinic. A doctor/nurse can prescribe antibiotics if the cause of the cystitis is due to a bacterial infection.

To help reduce the discomfort caused by cystitis it is recommended to drink plenty of lukewarm water (1.5 to 2 litres per day). You need to flush out the infection and dilute your urine, which should also ease the symptoms. Sadly, when you feel an attack coming on you will need to avoid tea, coffee, cola drinks, and alcohol as they can irritate the bladder.

Another thing to try is drinking an alkaliniser. For example, one teaspoon of bicarbonate of soda in a glass of water, or an alkaliniser sachet in a glass of water. Alkaliniser sachets such as URAL or Citravescant can be bought at any pharmacy. Drinking cranberry juice can also help reduce the symptoms of the bladder infection and protect against further recurrence.

Hot baths can also help — even hot water bottles (remember them) too. It's important to keep going to the toilet and to avoid holding on. Some women said they set themselves up with a book and a big bottle of water and literally stayed close to the toilet until the attack started to subside. It can also be helpful to avoid having intercourse and using tampons until the symptoms have passed — not very practical for sex workers.

What about my partner?

It is unlikely that you will spread cystitis to your sexual partner; however it is advised to avoid vaginal sex because this can worsen your symptoms.

How can I protect myself from cystitis?

The easiest way to prevent attacks caused by friction is to make sure you are using enough water based lubricant, like WetStuff, not only at work but in your personal life too. Make sure you are using fresh tubes of lubricant as old stock may have been exposed to bacteria. This shouldn't be a problem if you're working, as stock tends to turn over quickly.

Of course it goes without saying that using condoms at work every time are another important prevention technique.

If you and your partner are in a monogamous relationship condoms may not feature but if you're changing partners then condoms are a must.

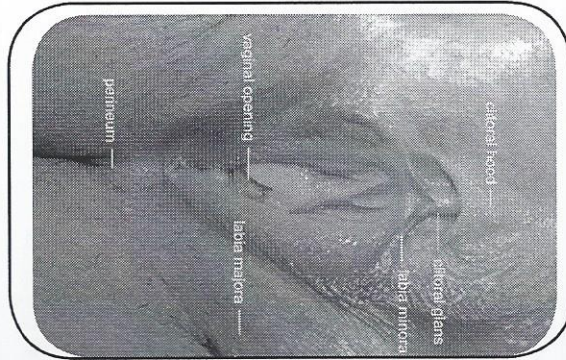
Another thing to do is to always have a pee and a wash as soon as possible after sex. With personal partners this can be a real hassle, especially when you feel like smuggling up and going to sleep, but the consequences of having a cystitis attack can be an even bigger hassle. It's also a good idea not to wear tight crutch hugging clothes.

Remember to **wipe your bum from front** (vagina) **to the back** (anus) after urinating to avoid transferring bum bugs and bacteria to the urethra.

It's important that if symptoms do not go away after 24 hours to see a doctor as you will need antibiotics. It's a good idea to see a doctor even if the attack subsides, as cystitis symptoms are similar to those which can show up for other sexually transmitted disease.

commonly asked questions

| | |
|----------------------------|---|
| Can I work with Cystitis? | It is unlikely you will spread cystitis to your client; however, it is advised to avoid vaginal sex because this will worsen your symptoms. It is most likely that you will not want to work. |
| Do I need to tell my boss? | Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note, instruct doctor to specify the number of days you need off from work. |
| Do I have to stop working? | You should consider taking time off work until you are feeling better. If you rest you will be able to recover faster. |



Vulva_labeled.jpg obtained from Wikipedia/Civrak

more information?

Contact NZPC or your local Sexual Health Clinic.

sexual health sti chart

| Diseases and Infections that are transmitted sexually | Description of disease | How you get it | Symptoms | Treatment | Personal Sex Partners |
|---|---|---|---|---|---|
| Pelvic Inflammatory Disease (PID) | An infection of the uterus (womb) and fallopian tubes that can cause infertility. | Usually by having sex without a condom with someone who has Gonorrhoea, Chlamydia or other infections. | Pain during sex, sore abdomen or back, heavy, irregular or painful periods, spotting, high temperature, feeling sick; sometimes no symptoms. | Antibiotics and rest. | Need to be checked for STIs and be treated to avoid re-infection. Avoid sexual intercourse until cured. Partners must be treated. |
| Pubic Lice — Crabs | Small lice that live in pubic hair and cause irritation. | By close body contact usually during sex with an infected person. Can be spread via infected bedding and clothing. | Intense itching in and around areas with pubic hair, small nits (eggs) on pubic hair. | Special shampoo or cream applied to pubic area. Wash all clothing and bed linen. | Treat partner in the same way at the same time.** |
| Scabies | Small mites that burrow into the skin and cause irritation. | By close body contact, sometimes during sex. Can be spread by sharing clothes or bedding. | Itching, worse at night, and a rash on the body. | Special lotion, cream or ointment. Wash all clothing and bed linen. | Treat partner in the same way at the same time.** |
| Thrush or Candidiasis | Irritation of mucous membranes from a yeast organism. It is called balanitis if under the foreskin of the penis in uncircumcised men; vaginitis or vulvitis if inside or around the vagina/vulva. | Yeast overgrowth may occur: when taking antibiotics, during pregnancy, with diabetes or when immunity is lowered. It can occur after sex, but also without sex. | Women have vaginal or vulval itching and a thick, whitish vaginal discharge. Men have itching and may have a red rash on the head of the penis or a discharge under the foreskin. | Creams and pessaries for local treatment. Anti-fungal tablets may be given in severe cases or when infection is in the oesophagus. Salt water baths for men are usually enough. | Need treatment if showing symptoms. |

| Diseases and Infections that are transmitted sexually | Description of disease | How you get it | Symptoms | Treatment | Personal Sex Partners |
|---|--|--|--|---|---|
| Bacterial Vaginosis | If the control of the normal bacteria in a healthy vagina fails, an overgrowth of certain bacteria can occur. The acid/alkaline balance is upset and irritation results. | It may be brought on by anything that changes the balance in the vagina e.g. new sexual partners, increased sexual activity. Undetected sponge or lost tampon. IUCD's | Greyish white, smelly vaginal discharge or brown discharge, abdominal pain. | Oral Antibiotic tablets and/or vaginal pessaries. Antibiotic cream (expensive) | |
| Trichomoniasis | Trichomoniasis vaginalis, a small parasitic organism that causes irritation in the vagina in women and can cause non-specific urethritis in men. | By having sex without a condom with someone who is infected. | Women may have no symptoms, but there may be a yellow-green frothy vaginal discharge. Men usually have no symptoms until non-specific urethritis develops. | Antibiotic tablets and/or vaginal pessaries. | Treat with antibiotics to avoid re-infection. Do not have sex until you are cleared, unless you wear a condom. No unprotected sexual intercourse with personal partner for 7 consecutive days. |
| Hepatitis A | Viral infection which affects the liver from working properly. | Mainly through contact with faeces, contaminated food or water or not hand-washing after toilet/ before food etc. Can be through anal sex and oral to anal contact. | Often no symptoms or may have mild flu-like illness, vomiting, abdominal pain, dark urine, and yellowing of the skin and whites of the eyes. | Immunisation for prevention. Avoid alcohol and drugs. Eat a well-balanced low-fat diet. | Immunisation for prevention and avoid anal sex practices until recovered. |

| Diseases and Infections that are transmitted sexually | Description of disease | How you get it | Symptoms | Treatment | Personal Sex Partners |
|---|---|--|--|---|--|
| Hepatitis B | Viral infection which affects the liver and prevents it from working properly. | By having vaginal, anal or oral sex without a condom, with someone who has the infection; by sharing needles, syringes, toothbrushes, razors and unsterilised instruments that pierce the skin. Blood transfusion in countries that do not pre-test blood for transfusion. | May have no symptoms or mild flu-like illness, vomiting, abdominal pain, dark urine, and yellowing of the skin and whites of the eyes. | Immunisation for prevention. Rest, exercise and avoid alcohol, drugs and smoking. Eat a well-balanced low-fat diet. Check any prescribed or over-the-counter medicines are safe to take. Antiviral medication is given to those with chronic symptoms. | Always use a condom if partner is not immunised. Free immunisation is available for household and sexual contacts. |
| Hepatitis C | Viral infection which affects the liver from working properly. | After contact with infected blood or by sharing needles, syringes or possibly through sexual contact. Blood transfusion in countries that do not pre-test blood for transfusion. | Often no symptoms or may have mild flu-like illness, vomiting, abdominal pain, dark urine, and yellowing of the skin and whites of the eyes. | Rest, exercise and avoid alcohol, drugs and smoking. Eat a well-balanced low-fat diet. Combination of antiviral medications. | Personal and needle-sharing partners can have a blood test to check for hepatitis C antibodies. |
| Human Immunodeficiency Virus (HIV) | HIV attacks the white blood cells and causes damage to the immune system so that it can be difficult to fight off infections. | HIV is transmitted through blood, semen, vaginal fluids, sharing needles. Blood transfusion in countries that do not pre-test blood for transfusion. | Usually no obvious symptoms for many years. Can experience extreme tiredness or flu/glandular like symptoms when sero converting. | No immunisation or cure available, although some secondary infections can be treated or prevented. Medication available to slow progression of infection. Keeping well for longer is possible with good care. | Practice safer sex to prevent transmission. Partners should ask for an HIV test. |

| Diseases and Infections that are transmitted sexually | Description of disease | How you get it | Symptoms | Treatment | Personal Sex Partners |
|---|---|---|--|--|--|
| Chlamydia | Infection of mucous membranes lining the genitals, can lead to pelvic inflammatory disease in women and infertility in men and women. Other areas that can become infected are: urethra, anus, throat and eyes. | By having vaginal or anal sex without a condom, with someone who has the infection; from mother to baby (eye and chest infections). | Women often have no symptoms at all or may have pain with sexual intercourse, lower abdominal pain, or a change in bleeding pattern. Men may have no symptoms or may have watery or thick discharge from penis, pain on urinating. | Antibiotics often followed by anti-gonorrhoeal tablets as Chlamydia and Gonorrhoea often occur together. | Recent partners need treatment. The best advice is not to have sex until you are cleared. If you do have sex you must use a condom. No unprotected sexual intercourse with personal partner for 7 consecutive days. |
| Gonorrhoea | Bacterial infection of genitals, throat, urethra or rectum can lead to infertility in both men and women. | By having vaginal or oral sex without a condom, with someone who has the infection; from mother to baby (eye infections). | Women usually have no symptoms but may have pain with sex, vaginal discharge, lower abdominal pain. Men may have no symptoms or may have discharge from penis, discharge from rectum, pain in testicles, pain on urinating. | Antibiotics often followed by anti-chlamydial tablets as Gonorrhoea and Chlamydia often occur together. | Partners must be tested and treated if positive. Current public health regulations advise no sex until you are cleared. No unprotected sexual intercourse with personal partner for 7 consecutive days. Public Health Bill (2007), clause 374. |
| Syphilis | Bacterial infection entering the body through breaks in the skin or linings of the genital area, can damage internal organs (heart, brain, spinal cord) at late stage. | By having vaginal or oral sex without a condom, with someone who has the infection; from mother to baby across placenta during pregnancy (congenital syphilis). | Painless ulcer (chancere) usually on genitals later swollen glands, rash, hair loss. | Antibiotics with follow-up blood tests. | Partners must be tested and treated if positive. Current public health regulations advise no sex until you are cleared. Public Health Bill (2007), clause 374 |

| Diseases and Infections that are transmitted sexually | Description of disease | How you get it | Symptoms | Treatment | Personal Sex Partners |
|---|--|---|---|--|---|
| Genital Warts* | Human Papilloma Virus (HPV) causes fleshy or flat lumps – may be present even if not visible. | HPV transmitted by direct skin-to-skin contact usually during sex; from mother to baby. Sometimes no identifiable source of transmission. | Fleshy or flat lumps on genitals. | Women who have genital warts need to have yearly cervical smears. Visible warts can be treated with liquid nitrogen freezing, diathermy (heat) or chemical paints. | Female partners may have an increased risk of cervical cancer. Condoms provide some protection but not total. |
| Genital Herpes* | Herpes simplex virus causes skin infection usually on mouth and lips (cold sore) or on genitals. | Close contact with someone with the virus; from mother to baby. | Painful, red blisters, little sores or ulcers, flu-like symptoms and sometimes a discharge. | Special anti-herpes drug to help healing and shorten the attack and pain relief. Consult doctor for treatment to suppress the virus. | Partners may or may not catch herpes. Do not have sex when open sores are present. Condoms provide some protection but not total. |
| Non-specific Urethritis (NSU) | Infections that cause inflammation of the urethra. | Can be caused by Chlamydia, bacteria, viruses or other organisms. | Women usually have no symptoms. Men have discharge from the penis, pain on urinating but sometimes there are no symptoms. | Antibiotics | Partners need to be examined and treated. The best advice is not to have sex until you are cleared. If you do have sex you must use a condom. |

sexually transmitted infections



genital herpes of herpes simplex type 2

"My first indication that anything was wrong was when a zit on my backside wouldn't heal. And it hurt! Then I found another on the inside of my groin. After that peeing started giving me a burning sensation. In a day or so, the burning was still there, the zits were still there and the burning spot was getting weepy. I also noticed a vaginal discharge. Two days later, things were really hotting up. The burning had been replaced by a swollen vulva and the swelling and the "pimpled areas had sprouted a horde of tiny yellow blisters. An emergency streak to the After Hours Medical Centre, a prescription of Zovirax tablets, and a few days sulking at home started the healing process."

what is genital herpes?

Genital herpes is a sexually transmitted infection (STI) caused by a virus called herpes simplex virus (HSV). There are two types of the herpes simplex virus:

- Type 1 (HSV-1) is the usual cause of cold-sores and can be transmitted to the genitals with oral sex.
- Type 2 (HSV-2) is the usual cause of infection in the genital or anal area.

Although HSV-1 typically causes sores around the mouth and HSV-2 causes genital sores, these viruses can cause sores in either place.

Once a person has HSV, it travels down the nerves connected to the affected area. The virus remains there in an inactive state without any symptoms but can come back from time to time. Each person's reaction to the infection will be different; some never see the infection again while others have repeat occurrences (outbreaks) several times a year. Outbreaks do have a definite tendency to reduce in severity and frequency over time. Some people have found that something triggers HSV to come back. Prime triggers for recurrence are: ill-health, tiredness, stress,

*Genital Warts: free check-ups if under the age of 18, Genital Herpes: HPV vaccination available to any women under the age of 26. It is strongly advised that you avoid sexual contact until you are no longer contagious or can cover up all sores/ warts to prevent skin contact with client.

**Clients, in particular regular clients, may need to be treated. Workers that may have shared the same bedding may also need to be treated.

In a working context, it is recommended (to clients and sex workers) to presume everyone that you come into contact with has HIV or an STI, and to act accordingly e.g. use condoms, dental dams, no kissing, no exchange of bodily fluids, bed change after each client, wipe down vinyl mattresses with a disinfectant (i.e. Dettol® Spray), use separate towels.

MORE INFORMATION?

Contact NZPC or your local Sexual Health Clinic.

being run-down, poor diet, drug-lacking, excessive drinking and anything that can reduce your immune system.

how do I know if I have genital herpes?

Signs and symptoms (which may not all occur in everyone) include:

- Headache, fever, aches, pain when peeing, and irritation in the genitals.
- Reddened areas on or near the genitals or anus which may turn into painful blisters full of fluid.
- The number of blisters can vary from one to several dozen when a person is first infected.
- The blisters burst and turn into open sores that eventually dry and heal (as they heal they may be itchy).
- Some people with HSV never develop any signs or symptoms but can pass the virus to their partners.
- Even when no symptoms are present a person can pass genital herpes on to their sexual partners.

how is it caught?

Genital herpes may be passed on:

- By having skin-to-skin contact, vaginal, anal or oral sex with a client or partner infected with HSV.
- From genitals to genitals, mouth to mouth, mouth to genitals/ anus or vice versa.
- From mother to baby during birth if the mother has symptoms at the time.

can genital herpes be treated?

Diagnosis and Treatment

Diagnosis is made by a laboratory test of a specimen obtained by pressing a swab against any sores or blisters.

To date, there is no cure for genital herpes, but a doctor can prescribe antiviral medication to help control recurring attacks and clear up the painful sores. Treatment needs to be started as soon as possible.

During an outbreak, keep the infected area as clean and dry as possible. This will help your natural healing processes. Some doctors recommend warm showers in order to cleanse the infected area. Afterwards, towel dry gently. To prevent chafing, some people also find it helpful to avoid tight-fitting undergarments.

A complication of the infection involves spreading the virus from the location of an outbreak to other places on the body by touching the sore(s). The fingers, eyes, and other body areas can accidentally become infected in this way. Preventing self-infection is simple. Do not touch the area during an outbreak. If you do, wash your hands as soon as possible. The herpes virus is easily killed with soap and water.

what about my partner?

Well, don't rule out your partner as the source of the infection. There is a tendency for people to relax about safer sex and condom use at home, so it is possible that this is where it came from.

If you know it didn't, then telling is not that easy; it may even be frightening. Your partner will need information about the disease and to feel that you are being honest with him/her. The most important thing is not to try and hide it. Remember: If your partner is going to dump you just for herpes then you need to know now. It takes more than the herpes to break a strong relationship. Find someone who wants you for yourself — with or without herpes.

how can I protect myself and my client from genital herpes?

Prevention is by use of:

- Dental dams if the client wants to go down on you to create a barrier between the mouth and vagina or anal areas during sex.
- Condoms during vaginal, anal or oral sex.

more information?

The help-line number for genital herpes is 0508 11 12 13 or on the web at www.herpes.org.nz. You can also get more information from NZPC or your local Sexual Health Clinic.

commonly asked questions

| | |
|---|---|
| Can I work with genital Herpes? | During an outbreak the sores can be very painful which may deter you from working. This is also the time during which the infection will be the most contagious. So if you do work avoid kissing the client, use protection when having sex, and wash your hands if you touch the sores to avoid spreading the infection. Herpes can be spread through skin contact. Depending where the sores are you may consider covering them up to avoid skin contact with the client. |
| Do I need to tell my boss? | Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not disclose the diagnosis but to specify the number of days you need off from work. |
| Do I have to stop working? | It is recommended that you take time off work until you have cleared the infection. Herpes simplex never goes away but if you use protection during sex, you should be able to work. |
| Should I tell my clients? | Since you will always use protection when having sex you shouldn't need to tell the client your current sexual health status. However, if a condom breaks during sex you should advise the client to get a sexual health check-up. |
| Should I tell other people I work with? | You should keep some things in your life private and an STI should be one of them. Some people are relaxed about disclosing that they have an STI to workmates. However, this information can be spread around and move beyond your control. |



hepatitis

what is hepatitis?

Hepatitis is an inflammation of the liver, which stops the liver from working properly. Hepatitis A, Hepatitis B, and Hepatitis C are three of the main viruses that cause hepatitis infection. Some people (especially children) do not get sick when infected with the hepatitis viruses. Alcohol and other agents that harm the liver can also cause hepatitis.

how do I know if I have hepatitis?

Signs and symptoms may include:

- nausea and vomiting
- yellow skin or eyes (jaundice)
- dark urine
- pale faeces
- feeling unwell
- lack of energy
- not feeling like eating
- stomach upsets and pains
- fever
- general aches and pains

A person can have hepatitis with no symptoms at all. The hepatitis A, B and C viruses can harm you, and can be passed on

to others. If someone is unwell with one or more of the above signs or may have been in contact with someone with hepatitis they should talk to a doctor.

how is hepatitis caught?

Hepatitis A is spread through contact with faeces (poo, turds) of an infected person.

It can be passed on by:

- Close personal contact—including sexual
- Rimming and scat
- Poor personal hygiene.
- Sharing personal things with an infected person (toothbrushes, facecloths, towels, etc).
- Sex toys—dildos, anal beads, vibrators, butt plugs, etc.

- Drinking contaminated water or milk.
- Eating contaminated food — including shellfish from infected sewage.

The most infectious period for hepatitis A is usually from two weeks before jaundice shows until one week after.

can hepatitis a be treated?

Diagnosis and Treatment

A blood test will show if someone has hepatitis A infection. There are no specific medicines to cure infection with hepatitis A except to relieve symptoms. Most people fight off the virus naturally, returning to full health within a couple of months. The doctor will advise avoiding alcohol and fatty foods as these can be hard for the liver to process and may exacerbate the inflammation.

how can I protect myself and my client from hepatitis a?

Through hand washing with soap and water to stop the infection from being passed on to other people. General household hygiene, advised at all times, includes:

- Washing hands before and after preparing food.
- Washing hands before eating.
- Washing hands after going to the toilet or changing baby's nappy.
- Bed linen, underpants, towels and handkerchiefs used during the illness should be washed in hot water and detergent.

hepatitis a help

- Close contacts of the person with the hepatitis A virus may be offered an injection of antibodies (gamma globulin) for temporary protection.

- Immunisation may be offered to contacts and is available for long-term protection against hepatitis A.

- Immunisation with a vaccine will also immunise against Hepatitis B.
- Immunisation or gamma globulin is recommended for travellers to some countries.

Talk to your doctor if you are concerned about hepatitis A. Hepatitis A is an illness that your doctor notifies to the Medical Officer of Health in your local public health service. The public health service arranges for follow-up, offers protection to contacts and checks for a common source of infection where there are multiple reports.

how is hepatitis b caught?

It can be passed on through:

- Exposure of cuts and scratches etc
- Close contact with blood (and other bodily fluids) from an infected person.
- Sharing toothbrushes, razors, towels, facecloths.
- Sharing skin-piercing and injecting equipment.
- Sexual contact without a condom.

The most infectious period is from several weeks before someone is unwell until several weeks or even months later. Some people remain carriers of the hepatitis B virus for life. Carriers of the hepatitis B virus can spread the disease even though they are not sick.

Blood for blood transfusions in New Zealand is screened for HIV and other blood-borne infections and is therefore **not** a method of transmission.

can hepatitis b be treated?

Diagnosis and Treatment

A blood test will show if someone has hepatitis B infection or is a carrier of the virus. In the majority of patients with active hepatitis B, symptoms will not be severe and treatment will not be required. Antiviral medication is given as treatment to those with chronic symptoms to help prevent further liver damage.

Immunisation

The best way to prevent hepatitis B is by getting vaccinated/immunised. Immunisation against hepatitis B gives protection from the virus to 95% of people who have the full course of three injections. Household and sexual contacts of an infected person should have a blood test. They can have free hepatitis immunisations if they are not already immune. Immunisation is of no use to carriers of the hepatitis B virus. Immunisation will also immunise against Hepatitis A.

what about my partner?

Your partner should get advice from their doctor regarding a blood test and about being vaccinated.

how can I protect myself and my client from hepatitis b?

Whether you have never been exposed to hepatitis B or you are a carrier of the virus, the spread of the disease can be reduced by:

- Not sharing toothbrushes, razors, facecloths, towels.
 - Not having tattoos, body-piercing or acupuncture until your doctor says you are free of hepatitis B.
 - Not sharing skin-piercing and drug using equipment such as needles and syringes, water for injecting, filters, spoons, swabs and tourniquets.
 - Not donating blood if you are a carrier.
 - Avoiding sexual contact during the acute illness (take a break from work). Use condoms if you continue to be a carrier.
 - Using condoms to help protect against hepatitis B and C (as well as HIV and other STDs).
- Carriers should also:
- Cover cuts, scratches, etc straight away
 - Be careful about prescription or over-the-counter medication which could be potentially harmful to your liver (check with your doctor about this)

- Limit your alcohol intake
- Ask your doctor if you need regular tests to look for liver disease.
- Tell your doctor, dentist, nurse or other medical health provider to protect them from accidental exposure to the virus.
- Use bleach to clean up blood spills.

how is hepatitis c caught?

Hepatitis C is spread mainly through contact with the blood of an infected person. It can be passed on through:

- Injecting drugs or sharing injecting gear (see list under hepatitis B help)
- Tattooing, ear piercing, body piercing (these may be a risk if equipment is not properly sterilised)
- Infection of cuts and scratches directly from an infected person's cuts and scratches — this is rare
- Sexual intercourse — this is **VERY RARE** (there would have to be an exchange of blood during sex. In other words, the infected blood would have to enter the blood stream of the other person through a cut, sore or wound).

With hepatitis C, a person can be infectious with no symptoms at all. Talk to your doctor

if you think you are at risk of hepatitis C. Many people remain chronic carriers of hepatitis C after they have had the illness. Most of these people have hepatitis C for life and need to know how to take care of themselves and others.

Blood for blood transfusions in New Zealand is screened for HIV and other blood-borne infections and is therefore **not** a method of transmission.

Given the debate with regard to the likelihood of contracting hepatitis C through sex, we have provided some reference materials and quotes for your consideration. These quotes were obtained from several studies on the spread of hepatitis C (HCV) via sexual relations.

“Our data indicate that the risk of sexual transmission of HCV within heterosexual monogamous couples is extremely low or even null. No general recommendations for condom use seem required for individuals in monogamous partnerships with HCV-infected partners.”

From: *Lack of evidence of sexual transmission of hepatitis C among monogamous couples*
Vendelli, C., Renzo, F., Romano, L., Tsimenetzky, S., Palma, M. de, Sforolaini, T., Ventura, E., Zanetti, A. Dipartimento di Medicina Interna, Università di Modena e Reggio Emilia, Modena, Italy (2003).

“ (The study of clinic patients) suggests that the majority of hepatitis C infections have been acquired in adult life, mostly by injecting drug use, and that the hepatitis C virus is rarely transmitted sexually ”

From: *Little evidence of sexual transmission of hepatitis C virus infection.*
M A Balogun, M E Ramsay, J V Parry ... PHIS CDSC, Immunisation Division, London (2003)

“ Our finding ... adds support to the concept that hepatitis C is 'not' transmitted efficiently through sexual contact. ”

From: *Risk factors for hepatitis C infection ...*
Youjin Choy, Lisa Gilets-Williams, Joseph Anuzzio, Joan Skurnick, Carl Zalkofker, Peter G. McGovern. Departments of Obstetrics, Gynecology and Women's Health, UMDNJ-New Jersey Medical School, Newark, N.J. (2003)

“ Our study finds no convincing evidence for the heterosexual transmission of hepatitis C. ”

From: *Sexual Transmission of Hepatitis C*
G. Neunayr, A. Popsi, H. Schwaighofer, G. Judmayer and W. Vogel. Department of Internal Medicine, University of Innsbruck, Austria (1999).

can hepatitis c be treated?

Diagnosis and Treatment

A blood test will show if someone has hepatitis C infection or is a carrier of the virus. Treatment involves further testing to determine the extent of liver damage. Treatment combines the antiviral drugs interferon and ribavirin. Unfortunately interferon can cause unpleasant side effects.

What about my partner?

Your partner should have a blood test done for hepatitis C if you are a carrier.

how can I protect myself from hepatitis c?

You can protect yourself and others (if you have hepatitis C or are a chronic carrier) by:

1. Not sharing needles or other injecting gear — you could re-infect yourself, as well as infecting others
 2. Not donating blood.
 3. Not sharing toothbrushes, razors, facecloths, towels.
 4. Avoid having sex while you are menstruating.
- Avoid having rough sex.

Carriers should ask their doctor about:

- Alcohol harming your liver
- Infection risks during pregnancy and birth
- Treatment options
- Hepatitis B and hepatitis A immunisations.

There is no vaccine for immunisation against hepatitis C. Talk to your doctor if you are concerned about hepatitis C. Ask your doctor or public health service if there is a hepatitis C support group in your area.

NZ Hepatitis C Resource Centre (Auckland)
 Telephone: 09 377 8500
 Freephone: 0800 22 43 72
 Email: support@hccc.org.nz

Hepatitis C Community Clinic
 Telephone: 03 377 868
 Email: Hepc@rwc.org.nz

NZ Hepatitis C Resource Centre
 (Christchurch)
 Telephone: 03 366 3608
 Email: hcv@xtra.co.nz

commonly asked questions

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|---|---|
| Can I work with Hepatitis? | It is likely you will feel too sick to work. Your doctor will also advise you to stay in bed and rest your liver. Once you are clear of the virus (Hep A or Hep B) you should be able to return to work. If you are a carrier of Hep B it is possible to infect others if you engage in unprotected sex. Hep C is transmissible through exchange of blood. It is rare to transmit Hep C through sex. You should be able to work just as long as you use protection when having sex. |
| Do I need to tell my boss? | Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not disclose the diagnosis but to specify the number of days you need off from work. |
| Do I have to stop working? | Once you are over the initial infection and no longer require bed rest you should be able to go back to work. If you are a carrier of Hep B you can transmit the infection to others. Using protection during sex should enable you to work. |
| Should I tell my clients? | Since you will always use protection when having sex you shouldn't need to tell the client your current sexual health status. However, if a condom breaks during sex you should advise the client to get a sexual health check-up. |
| Should I tell other people I work with? | You should keep some things in your life private and an STI should be one of them. Some people are relaxed about disclosing that they have an STI to workmates. However, this information can be spread around and move beyond your control. |



gonorrhoea and chlamydia

Although Gonorrhoea and Chlamydia are quite similar bacterial infections and Sexual Health staff are used to finding people infected with them both, this doesn't seem to be the pattern at the moment. Both infections can have no or only mild symptoms but their long-term results can be devastating. The internal inflammation they cause also make you much more susceptible to HIV and other sexually transmissible infections.

what is gonorrhoea?

Gonorrhoea is a bacterium that can infect the vagina, penis, throat and rectum. It often presents no symptoms and if left untreated it can result in female and male infertility, pelvic inflammatory disease (PID), heart problems, fever, painful joints and rashes.

how do I know if I have gonorrhoea?

Signs and symptoms for *women* include:

- Irritating vaginal discharge.
- Anal discharge.
- Pain while passing urine.
- Pain during bowel movements.
- Pain during sex.
- Lower abdominal pain (pelvic pain).
- Irregular menstrual bleeding.

Signs and symptoms for *men* include:

- A thick milky discharge from the penis. There may be a slight crusting on the end of the penis from the discharge and in uncircumcised men the discharge may cause reddening and irritation of the penis.
- Pain or burning while urinating
- Anal discharge.

Men have symptoms more often than women. Symptoms usually occur within 2-10 days after sexual contact with an infected person. When the rectum, cervix or throat is infected there are usually no symptoms.

incubation time

Two to seven days. If you experience symptoms within this time period then get them checked out immediately. Twenty-one days (three weeks) is the outside period between exposure and infection for Gonorrhoea and Chlamydia to develop, making it possible for you to test for both at the same time after 21 days from the time of first possible exposure.

how is it caught?

It is spread primarily by unprotected vaginal, anal or oral sex, but can also be passed during birth from mother to baby resulting in an eye infection for the baby.

can gonorrhoea be treated?

Detection and Treatment

Diagnosis is made by a microscope examination and the taking of samples from infected areas. Once diagnosed, Gonorrhoea can be treated with antibiotic tablets.

what about my partner?

If possible the sexual partner needs to be told so they can be treated too. The best advice is

not to have sex until you are cleared. If you have sex you must use a condom.

how do I protect myself and my client from gonorrhoea?

Prevention is by use of:

- Dental dams if the client wants to go down on you to create a barrier between the mouth and vagina or anal areas during sex.
- Condoms during vaginal, anal or oral sex.

what is chlamydia?

Chlamydia is a bacterial infection of the mucous membranes lining the genitals, rectum, throat and sometimes the eyes or lungs.

Chlamydia is the most common of all STIs in New Zealand. Its mild or nil symptoms mean that Chlamydia can go undetected without regular check-ups. The inflammation caused by Chlamydia increases your risk of becoming infected with other STIs. If left untreated Chlamydia can cause infertility, pelvic inflammatory disease (PID), miscarriages in women, and sterility and inflammation of the testicles in men.

important
Chlamydia can be symptomless especially in women.

Appendicitis (a medical emergency characterised by the inflammation of the appendix) can also be caused by Chlamydia.

how do I know if I have chlamydia?

Signs and symptoms for *women* include:

Women — signs to look out for include:

- An increase in vaginal discharge.
- A need to pass urine more often or pain when doing so.
- Pain in the lower abdomen.
- Pain during sex.
- Irregular menstrual bleeding or bleeding after sex.
- Swelling and irritation in the eyes (if infected).
- A discharge or discomfort in the rectum.

Signs and symptoms for *men* include:

- A white/ cloudy and watery discharge from the penis. This will stain underwear.
- Itching at the top of the penis.
- Pain and/ or a burning sensation when passing urine.
- Painful swelling of the testicles.
- A swelling and irritation in the eyes (if infected).
- A discharge or discomfort in the rectum.

incubation time

Seven to twenty-one days. If you experience symptoms within this time period then get them checked out immediately. Twenty-one days (three weeks) is the outside period between exposure and infection for Gonorrhoea and Chlamydia to develop, making it possible for you to test for both at the same time after 21 days from the time of first possible exposure.

how is it caught?

It is spread primarily by unprotected vaginal, oral or anal sex but can be passed during birth from mother to baby resulting in eye and chest infections for the baby.

Can chlamydia be treated?

Detection and Treatment

Detection is usually straightforward for both sexes requiring only a urine test (try avoiding going to the toilet over an hour or so before your test). If you are pregnant or have your period, a low vaginal swab may need to be taken. Chlamydia normally clears up after a single treatment with antibiotics. It can be safely treated during pregnancy.

What about my partner?

Recent sexual partners need to be treated. The best advice is not to have sex until you are cleared. If you do have sex you must use a condom.

How do I protect myself and my client from chlamydia?

- Prevention is by use of:
- Dental dams if the client wants to go down on you to create a barrier between the mouth and vagina or anal areas during sex.
 - Condoms during vaginal, anal or oral sex.

more information

Contact NZPC or your local Sexual Health Clinic.

commonly asked questions

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|--|--|
| Can I work with Gonorrhoea or Chlamydia? | Gonorrhoea and Chlamydia are both very contagious. If you must work, always use condoms and dental dams when having sex. It is better to wait until the infection clears completely with an antibiotic treatment prescribed by your doctor. |
| Do I need to tell my boss? | Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not include the diagnosis and to specify the number of days you need off from work. |
| Do I have to stop working? | It is recommended that you take time off work until you have cleared the infection. If you rest you will be able to recover faster. |
| Should I tell my clients? | Since you will always use protection when having sex you shouldn't need to tell the client your current sexual health status. However, if a condom breaks during sex you should advise the client to get a sexual health check-up. |
| Should I tell other people I work with? | You should keep some things in your life private and an STI should be one of them. Some people are relaxed about disclosing that they have an STI to workmates. However, this information can be spread around and move beyond your control. |

genital warts

The topic of genital warts is one that may cause people embarrassment and a subject that isn't often discussed in public. Despite this, genital warts are very common especially from ages 15-30. At least 75% of adults having sexual intercourse will have a genital wart virus infection at some time of their life. Only about a quarter of these will develop warts.

what are genital warts?

Genital warts are small wart-like lumps caused by certain types of the Human Papilloma Virus (HPV) which can be passed on during sexual contact. Genital warts may look like small cauliflower-shaped bumps or lesions that are flesh-coloured and can be found on the skin around the genital area, vagina, cervix, penis, scrotum, urethra (urine opening) or anus.

important

Have regular cervical smears! Some types of HPV have been linked with abnormal cell changes on the cervix which may lead to cervical cancer. Smoking has been shown to work with HPV to increase the chance of abnormal cell growth or cancer.

how do I know if I have genital warts?

Most people with genital warts have no visible symptoms and may not know they are infected. For those with visible warts the symptoms may include:

- Itching, pain and bleeding

Symptoms of HPV are usually more prominent in men than women because the warts are more visible to see on the shaft and base of the penis than in or around the vagina.

If infected with a type of HPV that causes genital warts, you may experience symptoms anywhere from a few weeks to a few months after initial exposure.

how is it caught?

Genital warts are very contagious and are passed on:

- By having skin to skin contact during oral, genital or anal sex with someone that has HPV.
- From mother to baby during birth.

can genital warts be treated?

Diagnosis and Treatment

Diagnosis is made by examination. There is no routine diagnostic test for subclinical (invisible) wart virus. However, subclinical wart virus infections of the cervix are common and may be detected by a cervical smear.

Genital warts can be treated but this will not get rid of the virus (HPV) that causes the warts. The warts may come back in the future. Treatments to remove the warts include:

- Burning off the wart with caustic acids, electrical heat or a laser.
- Cryotherapy which involves freezing the wart with a super-cold liquid which causes the affected tissue to blister and eventually break off.

- Self-applied creams and liquids.
- Surgery at doctor's office with local anaesthetic.

After treatment:

- Salty water baths to help soothe and heal the genital area during treatment. Two handfuls of plain salt per bath or two tablespoons in a large bowl, preferably twice daily.
- Xylocaine® (2% lignocaine) gel is a useful local anaesthetic to put on raw areas two minutes prior to passing urine or having a bowel motion.
- Keep the treated area clean and dry.

more information

Contact NZPC or your local Sexual Health Clinic.

what about my partner?

Your sexual partner needs to be checked and treated if necessary. Because treatment of genital warts does not eliminate wart virus infection, it is important to remember the virus may still be present and contagious, even though the warts are gone.

how can I protect myself and my client from genital warts?

Preventative measures include:

- Dental dams if the client wants to go down on you to create a barrier between the mouth and vagina or anal areas during sex.
- Condoms during vaginal, anal or oral sex. These reduce, but do not eliminate, the risk of transmission, especially in the area surrounding the genitalia.

Preventive vaccines are now available which provide protection from some of the most common genital HPV types.

MORE INFORMATION?

Contact NZPC or your local Sexual Health Clinic.

commonly asked questions

| | |
|--|---|
| Can I work with genital warts? | Genital warts are very contagious. It is possible to infect a client even if you do not have visible signs while the virus is in the incubation period. Therefore, it is possible to be infectious for a long time because the incubation period of the virus can be anywhere from two to nine months. If you do work, always use protection when having sex, and wash your hands if you touch the wart. Similar to herpes, genital warts can be spread through skin contact. Depending where the warts are, you may consider covering them up to avoid skin contact with the client. |
| If a condom breaks during sex, you should advise the client to get a sexual health check-up. | |
| Do I need to tell my boss? | Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note, instruct the doctor to not include the diagnosis and to specify the number of days you need off from work. |
| Do I have to stop working? | It is recommended that you take time off work until you have cleared the infection. |
| Should I tell my clients? | Since you will always use protection when having sex, you shouldn't need to tell the client your current sexual health status. However, if a condom breaks during sex, you should advise the client to get a sexual health check-up. |
| Should I tell other people I work with? | You should keep some things in your life private and an STI should be one of them. Some people are relaxed about disclosing that they have an STI to workmates. However, this information can be spread around and move beyond your control. |

syphilis

Syphilis is generally not very common in New Zealand, but it has been seen more in the last few years, particularly in men who have sex with men, and in immigrants/travellers from areas such as China, Africa and the Pacific Islands.

what is syphilis?

Syphilis is sexually transmitted bacterial infection of the genital, mouth and anus. It enters the body through tiny breaks in the skin mainly the genital area or the mouth.

how do I know if I have syphilis?

Many people infected with Syphilis do not have any symptoms. For those who do get symptoms, Syphilis is divided into three stages: primary, secondary and tertiary.

Primary symptoms include:

- A painless sore on the genitals or other sites of sexual contact (e.g. cervix, mouth or anus). The sore usually appears three–four weeks (sometime longer) after infection. The sore disappears on its own accord after a few weeks.
- Swelling of the glands in the groin area.

Secondary symptoms include:

- A rash about six weeks after infection may appear on the body, face, arms, palms of hands and soles of the feet. The rash lasts up to four–six weeks and may be obvious or very mild that it goes unnoticed.

- One or more of the following symptoms may also present: mouth ulcers, headache, swollen glands, fever, hair loss, general tiredness, flat warty growth in the genital or anal region.

Tertiary symptoms include:

- Damage to the heart, brain and the nerves of the spinal cord in about a third of people — if not treated at an earlier stage. Treatment will prevent further damage to organs but will not repair any damage that has already taken place.

important

A person in primary or secondary stage of syphilis is very infectious because the sores and rashes are full of syphilis bacteria. There is a very high chance of infecting a sexual partner. After two years the person is usually not infectious to others.

how is it caught?

- Syphilis may be passed on:
- By close sexual contact with an infected person. This may include vaginal, anal or oral sex or just close skin-to-skin contact.
- From mother to baby during pregnancy (syphilis can cause miscarriage or still-birth).

can syphilis be treated?

Diagnosis and Treatment

Diagnosis is made by a blood test for antibodies or samples from the sores, to be sent for laboratory analysis. Ask your doctor or nurse if you can be tested for syphilis when having a check-up. It can take up to three months to develop antibodies, so the tests may be negative early on. After treatment, follow-up blood tests are essential for at least one year to ensure the treatment has been successful.

what about my partner?

If you have been diagnosed with syphilis all your sexual partners from the last few months must be advised to visit their doctor or local clinic.

- If you had sex with them while the rash or sore was present they will usually need treatment.
- You should not have sex until your rash or sore clears up because you remain infectious for some time after treatment. This is the only way to control the disease and protect the health of sexual partners.
- Anyone who has had sex with an infected person in the past must be tested and treated if necessary.

more information

Contact NZPC or your local Sexual Health Clinic.

how can I protect myself and my client from syphilis?

- Prevention is by use of:
- Dental dams if the client wants to go down on you to create a barrier between the mouth and vagina or anal areas during sex.
- Condoms during vaginal, anal or oral sex and having regular sexual health check-ups. Condoms during vaginal, anal or oral sex and having regular sexual health check-ups.

commonly asked questions

| | |
|---|--|
| Can I work with syphilis? | Syphilis is very contagious. If you continue to work, always use condoms and dental dams when having sex or wait until the infection clears with the antibiotic treatment prescribed by your doctor. |
| Do I need to tell my boss? | Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not include the diagnosis and to specify the number of days you need off from work. |
| Do I have to stop working? | It is recommended that you take time off work until you have cleared the infection. If you rest you will be able to recover faster. |
| Should I tell my clients? | Since you will always use protection when having sex you shouldn't need to tell the client your current sexual health status. However, if a condom breaks during sex you should advise the client to get a sexual health check-up. |
| Should I tell other people I work with? | You should keep some things in your life private and an STI should be one of them. Some people are relaxed about disclosing that they have an STI to workmates. However, this information can be spread around and move beyond your control. |



human immunodeficiency virus (hiv)

"184 people were diagnosed with HIV through antibody testing in New Zealand during 2008: the highest number ever diagnosed in one year. 91 were men infected through sex with other men (MSM), 61 (39 men and 22 women) through heterosexual contact, 2 through injecting drug use, 2 through a transfusion (overseas), 4 were children infected through mother-to-child transmission (3 overseas and 1 in New Zealand), 3 people had another means of infection, and for 21 people the means of infection was unknown or unreported."

AIDS New Zealand newsletter
Issue 63, March 2009

what is hiv?

HIV is a virus that attacks vital cells of the body's immune system. Normally, your immune system helps you fight off certain infections and cancers. If your immune system begins to fail, you can become vulnerable to life-threatening opportunistic infections. When a person has HIV and one or more of these infections or cancers, they are said to have acquired immunodeficiency syndrome (AIDS).

how do i know if i have hiv?

The only way to find out if a person has HIV is through a blood test. It may take up to three to four months following exposure to HIV before a test becomes positive.

how is it caught?

HIV can be passed on:

- By having unprotected sex (sex without a condom) with someone who has HIV. The virus can be in an infected person's blood, semen or vaginal secretions and can enter your body through tiny cuts or sores in your skin or in the lining of your vagina, penis, rectum, or mouth.
- By sharing a needle and syringe or sharing drug equipment with someone who has HIV.
- From an HIV positive mother to her baby during pregnancy, birth or while breastfeeding.

People who are HIV positive may remain healthy for many years but throughout this time can pass the virus on to other people.

In New Zealand, blood used for transfusions is screened for HIV and other blood borne infections and is therefore **NOT** a method of transmission.

can hiv be treated?

Diagnosis and Treatment

Diagnosis is made by a blood test that shows if a person has antibodies to HIV. Results can take up to 8 days. The NZAF has a new, rapid test for HIV called FASTEST (Free, Anonymous, Simple Test). This involves a finger-prick blood test by a nurse or doctor during a one hour appointment. This new test gives a result within 20 minutes.

It can take up to three months after HIV has entered the body before antibodies will show up in a test. This is called the window period. During the window period, the HIV test may not be able to detect infection. If you have a test during the window period you may need a further test.

Although HIV is a serious infection and there is no cure for this virus many people with HIV and AIDS are living longer, healthier lives today, thanks to new and effective treatments. A doctor can prescribe a combination regimen of antiretroviral medications.

what about my partner?

Your partner should ask for an HIV test if you are HIV positive and have had unprotected sex with your partner. It is important to remember that a person infected with HIV carries the virus for life and can infect others if safer sex is not practiced.

how can i protect myself and my client from hiv?

Prevention is by use of:

- Dental dams to create a barrier between the mouth and vagina during sex.
- Always use condoms during vaginal, anal or oral sex.

more information

Contact NZPC or your local Sexual Health Clinic.



commonly asked questions

| | |
|---|--|
| Can I work with HIV? | HIV is transmissible through the exchange of bodily fluids. You should be able to work just as long as you use protection when having sex. |
| Do I need to tell my boss? | Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not include the diagnosis and to specify the number of days you need off from work. |
| Do I have to stop working? | HIV never goes away and you can potentially infect others if you have unprotected sex. So long as you use protection during sex: You do not have to disclose your HIV status. No law can prevent you from working in the sex industry. |
| Should I tell my clients? | Since you will always use protection when having sex you shouldn't need to tell the client your current sexual health status. However, if a condom breaks during sex you should advise the client to get a sexual health check-up. |
| Should I tell other people I work with? | You should keep some things in your life private and an STI should be one of them. Some people are relaxed about disclosing that they have an STI to workmates. However, this information can be spread around and move beyond your control. |



trichomoniasis

“Worldwide, Trichomoniasis (often called ‘trich’ for short) is one of the commonest sexually transmitted infections (STIs), but it is uncommon in New Zealand.”

Auckland Sexual Health Service

What is trichomoniasis?

Trichomoniasis is caused by a very small parasite called *Trichomonas vaginalis*. The vagina is the most common site of infection in women, and the urethra (urine canal) is the most common site of infection in men.

The infection is most commonly diagnosed in sexually active females between 16 and 35 years. Not only can it be caught during sexual contact with an infected person, it can be passed by using sex toys contaminated with the parasite.

The parasite is sexually transmitted through penis-to-vagina intercourse or vulva-to-vulva (the genital area outside the vagina) contact with an infected partner. Women can acquire the disease from infected men or women, but men usually contract it only from infected women.

How do I know if I have trichomoniasis?

Symptoms in women can include:

- A copious, greenish, frothy, watery vaginal discharge with an unpleasant ‘fishy’ smell.
- An uncomfortable, hot or swollen with redness and inflamed opening to the vagina and vulva. This can extend onto the upper thighs and lead to discomfort when walking.
- Itching or pain when passing urine.

Symptoms usually appear in women within 5 to 28 days of exposure. It is also possible to be infected but not have any symptoms.

Symptoms in men can include:

- A discharge from the penis and discomfort when passing urine.

- An inflammation of the head of the penis (balanitis).
- Usually, most men do not have symptoms and act as carriers of the infection.

how is it caught?

- Trichomoniasis may be passed on:
- By penis-to-vagina intercourse.
- By vulva-to-vulva (the genital area outside the vagina).

Women can acquire the disease from infected men or women, but men usually contract it only from infected women.

can trichomoniasis be treated?

Diagnosis and Treatment

For both men and women, a health care provider must perform a physical examination and laboratory test to diagnose trichomoniasis. Trichomoniasis can usually be cured with a prescription drug, such as metronidazole, given by mouth as a single dose or as a seven-day course.

what about my partner?

Male partners of female patients with Trichomoniasis always need to be treated even if there are no symptoms. It is best practice if both partners in a sexual relationship are treated at the same time to eliminate the parasite and the risk of re-infection.

how can I protect myself and my client from trichomoniasis?

Prevention is by:

- Using condoms during vaginal sex.
- Not sharing sex toys during sex
- Properly sterilising sex toys after use.
- Putting a condom over the toy before use in a working environment.

more information

Contact NZRC or your local Sexual Health Clinic.

commonly asked questions

| | |
|---|--|
| Can I work with Trichomoniasis? | Trichomoniasis is only contagious if you have unprotected sex. You should be able to work just as long as you use protection when having sex. |
| Do I need to tell my boss? | Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not include the diagnosis and to specify the number of days you need off from work. |
| Do I have to stop working? | It is recommended that you take time off work until you have cleared the infection. If you rest you will be able to recover faster. |
| Should I tell my clients? | Since you will always use protection when having sex you shouldn't need to tell the client your current sexual health status. However, if a condom breaks during sex you should advise the client to get a sexual health check-up. |
| Should I tell other people I work with? | You should keep some things in your life private and an STI should be one of them. Some people are relaxed about disclosing that they have an STI to workmates. However, this information can be spread around and move beyond your control. |



pubic lice and scabies

"Crabs are the most common sexually transmitted infection. There aren't reliable figures from clinics about how many people are treated for crabs because most people treat themselves at home."

New Zealand AIDS Foundation

what is pubic lice?

Pubic lice (Crabs) are a common sexually transmitted infection caused by tiny parasites. The lice use their claws to grab and hang on to pubic hairs while feeding on blood and can cause itching in the genital area.

how do I know if I have pubic lice?

Signs and symptoms include:

- Itching in the pubic or groin area due to irritation from the lice bites.
- Seeing lice moving in the pubic hair.

how is it caught?

Pubic lice may be passed on:

- Having close bodily contact (skin-to-skin contact) with another person who is infected with pubic lice.

- By sharing clothes or someone else's bed (pubic lice can survive for some time away from the body).

Pubic lice found in the pubic hair differ from those in the scalp, although pubic lice can occasionally be found in other areas of the body including eyelashes, chest hair and armpit hair.

can pubic lice be treated?

Diagnosis and Treatment

Diagnosis is made by visual assessment (both eggs and adult lice are easily visible to the naked eye).

There are several over-the-counter shampoos on the market for crabs. These should be used as directed; reapplication may or may not be necessary. After treatment, egg casings (nits) may remain visible on the hair shaft. To remove these, a fine-toothed comb dipped in vinegar can be used.

Shaving off the pubic hair is not necessary. Bedding and clothing currently being worn should be machine washed in hot water or removed from body contact for 72 hours.

What about my partner?

Current sexual partners should be treated and offered a sexual health screen. People who share a house or flat with someone who is infected need only be treated if they have slept in the bed or use the towels or clothing of the person who is infected.

How can I protect myself and my client from pubic lice?

Preventative measures are limited to stopping the spread of the infection or preventing re-infection. To avoid catching pubic lice again:

- Make sure sexual partners are treated as well.
- Wash articles that may be infected, such as sheets, towels and clothing, in hot water.

What is scabies?

Scabies is a highly contagious infection caused by microscopic mites that burrow into the skin, lay eggs and causes an itchy rash. The condition is not considered serious, but can be very uncomfortable particularly at night, when itchiness can be extreme. Excessive scratching can cause breaks in the skin and lead to skin infection.

How do I know if I have scabies?

Signs and symptoms include:

- *Itch*
The itching appears a few days after infestation. It may occur within a few hours if the mite is caught a second time. The itch is characteristically more severe at night and affects the trunk and limbs. It does not usually affect the scalp.
- *Burrows*
Scabies burrows appear as tiny, grey, irregular tracks between the fingers and on the wrists. They may also be found in armpits, buttocks, on the penis, insteps and backs of the heels.
- *Generalised rash*
Scabies rash appears as tiny red, intensely itchy, bumps on the limbs and trunk. It

can easily be confused with dermatitis or hives (and may be accompanied by these).

The rash of scabies is due to an allergy to the mites and their products and may take several weeks to develop after initial infestation.

- *Nodules*
Itchy lumps or nodules in the armpits and groins or along the shaft of the penis are very suggestive of scabies. Nodules may persist for several weeks or longer after successful eradication of living mites.

How is it caught?

Scabies may be passed on:

- Having close bodily contact (skin-to-skin contact) with another person who is infected with scabies.
- Via bedding or furnishings, as the mite can survive for a few days away from the body (human host).

Can scabies be treated?

Diagnosis and Treatment

Diagnosis can be confirmed by microscopic examination of the contents of a burrow.

- Treatment involves:
 - Purchasing a treatment cream/ointment

(scabicide) from your chemist, or on prescription from your doctor

- The treatment stays on the skin for 24 hours and will probably need to be repeated within a week
 - Remember to reapply treatment cream every time you wash your hands during this 24 hour period
 - Treat the entire body from feet to jaw, paying particular attention under nails and between toes and fingers
 - Mites can live outside the skin for up to 6 days, so good hygiene and cleansing is important to prevent re-infection with the mite
 - Secondary skin infections may need treatment with antibiotics
 - If the itching does not go away, repeat the treatment — it may take up to a month to fully clear the scabies infection — though often one treatment will be effective
 - If the treatment does not seem to be effective, then visit a doctor
- Each treatment with scabicide should be followed the next morning by laundering or dry cleaning of sheets and pillow cases and any clothes worn against the skin over the last week. Clean carpet and furnishings with a vacuum cleaner

more information

Contact NZPC or your local Sexual Health Clinic.



what about my partner?

Sexual partners need to be treated and people who share a house or flat with someone who is infected need to be treated, even if they are not feeling itchy.

how can I protect myself and my client from scabies?

Preventative measures are limited to stopping the spread of the infection or preventing re-infection. To avoid catching scabies again:

- Ensure the scabicide is applied to the whole body from the chin down
- Make sure all contacts are treated as well.
- Wash articles that may be infected, such as sheets, towels and clothing, in hot water.

commonly asked questions

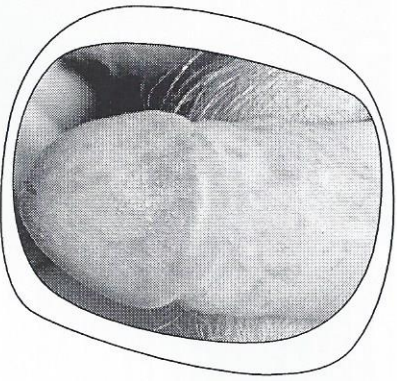
| | |
|---|---|
| Can I work with public lice or scabies? | Public lice and scabies are highly contagious through skin contact and can also be spread through the sharing of bed coverings, towels and clothes. You should stop working immediately, seek treatment and only resume work once you are clear of the infection. Most sex workers have abandoned public hair and as such have reduced the risk of acquiring public lice. |
| Do I need to tell my boss? | Your boss only needs to know that you are sick and need time off from work. If you need a doctor's note instruct the doctor to not include the diagnosis and to specify the number of days you need off from work. |
| Do I have to stop working? | It is recommended that you stay home and not return to work until you are clear of the infection. |
| Should I tell my clients? | Your regular clients may be infected with public lice. It may be important to let them know as they could be re-infecting you. |
| Should I tell other people I work with? | It may be important to let your fellow work mates know as you will have clients in common. |

STIs

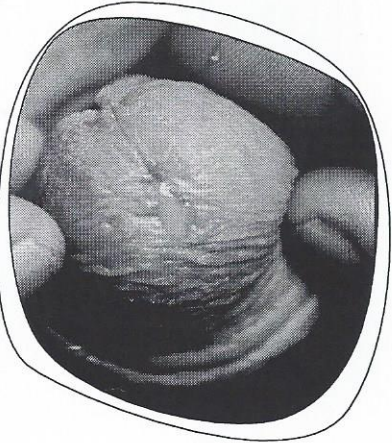
sexually transmitted infections

photos of common stis

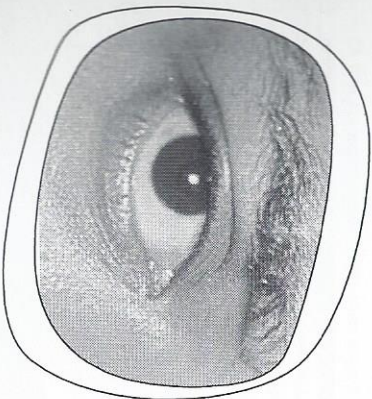
These images are reference material only and not intended for the purpose of self-diagnosis. Furthermore, the absence of these visual signs does not imply or suggest that the client is free of an STI. If, however, you do see any of these visual signs on a client, you may want to stop or refuse the service and recommend that the client see a doctor.



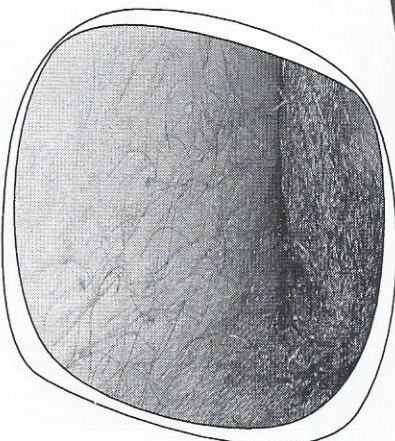
balanitis



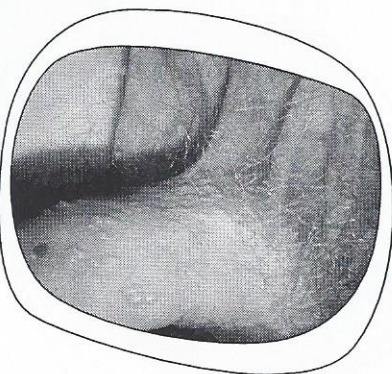
chlamydia



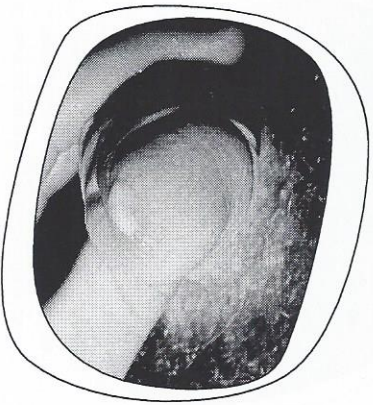
jaundice (from hepatitis)



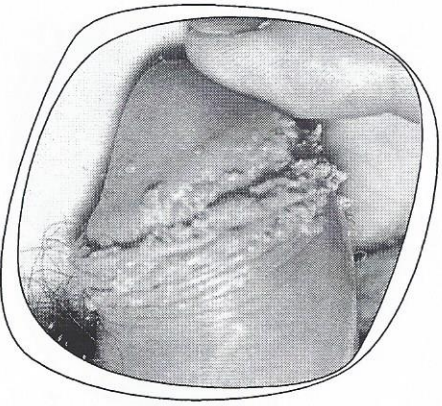
pubic lice



genital herpes



gonorrhoea



genital warts

SPONGES - if it doesn't let go, let go of it!

Question: My sponge is stuck, what do I do?

Answer: DON'T PANIC!!

Recently my sponge got stuck. I knew not to panic but I do admit to getting a bit stressed. My first thought was oh great there goes \$50 of hard earned money down the drain. I considered places where I could get the sponge removed such as the NZPC clinic, sexual health clinic, family planning clinic, my doctor or accident and emergency. But not before I'd try and remove it myself!

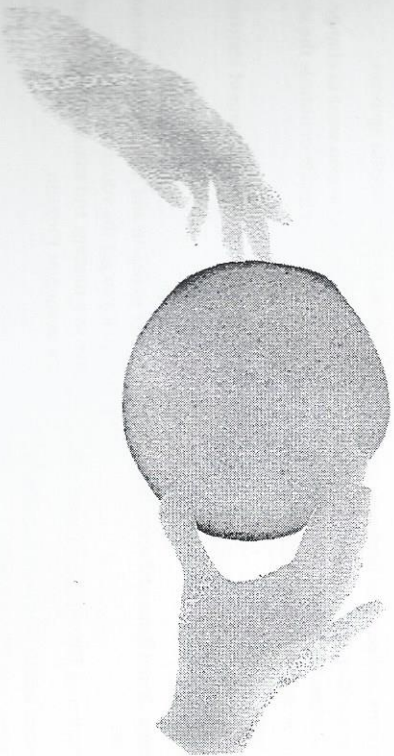
I did the usual things, which were to squat in the bath or in the shower and bear down and then completely relax. Hopefully my cervix would let go of the lodged sponge. Perhaps the sponge would move into a different position so I could pinch a tiny piece of the sponge with my fingers or nails and pull. No luck!

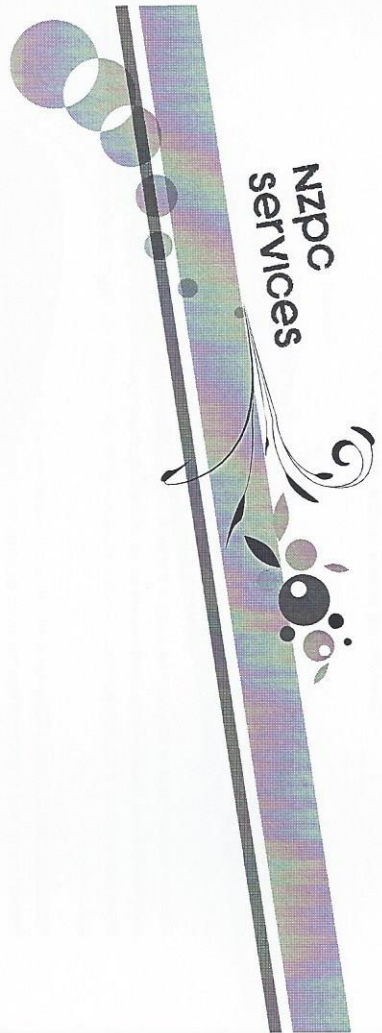
I tried again and this time I filled the bath with warm water and sat in it thinking of holidays and tropical warm seas. I got back into my squat position and tried again to remove my sponge. No luck!

Ok fine, I thought to myself, I have too much to do today to worry about this little problem. I'll revisit it at the end of the day and let gravity do the job for me. Later that evening / quite a few hours later, I tried again. I squatted over the bath again and found that throughout the course of the day my sponge had dislodged itself naturally. I could easily get a pinch hold of a part of the sponge enough to relax and it came out easily.

It seems that walking around and doing my normal things had dislodged the sponge. I'd recommend going for a walk, taking the stairs, or doing some exercise, anything to work the stomach muscles and then let gravity work for you.

Don't panic, relax and take it easy!





The New Zealand Prostitutes Collective is an organisation comprising past and present sex workers and our allies. NZPC advocates for the rights, health and well being of all sex workers, including female, transgender, and male workers. NZPC is committed to working for the empowerment of all sex workers, so that they may have control over all aspects of their work and lives.

we provide

1. Information and practical advice to people who are working or thinking of working as sex workers in brothels, or as private workers in their home or elsewhere, or as street based sex workers
 2. Information for sex workers and operators who are establishing brothels
 3. Condoms, dental dams and water based lubricant
 4. Information on HIV/AIDS and other STIs
 5. Free sexual health check-ups (Auckland, Wellington, and Christchurch)
 6. Information on occupational health and safety guidelines
 7. Magazines for all workers in the sex industry
 8. Needle exchange programme (Auckland, Tauranga and Wellington, and Christchurch)
 9. Information on the law and sex work
 10. Information on Tax
 11. Referral to other helpful agencies
 12. Support for people who want to change direction, either inside or outside the sex industry
 13. Information about employment contracts, etc.
- Feel free to pop in and have a chat or phone us up. If you get the voicemail, be sure to leave us a message and someone will call you back as soon as they can.

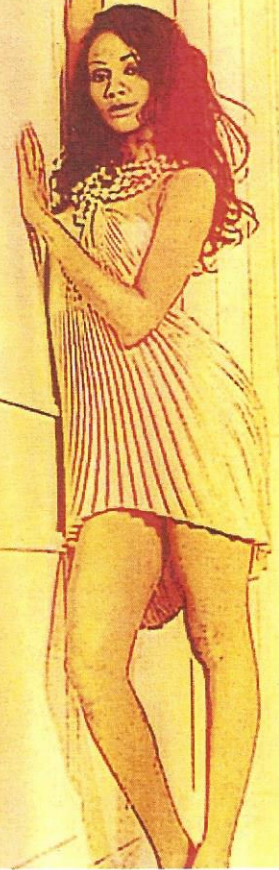
Our right to say YES Our right to say NO



YES Shower



YES Condom



NO Biting



NO Cameras



NO Force

Ministry of Business, Innovation & Employment

Labour

NZPC
New Zealand Prostitutes Collective

POSITIVE SEXUAL HEALTH
Family Planning

New Zealand
POLICE
Hea Pōhira o Aotearoa

Public Health
Haurok mo te iwi

NZPC community drop in centres

| Community Base | Address | Phone |
|----------------------------|--|---------------|
| Wellington/National Office | Level 4, 204 Willis St, Wellington | (04) 382 8791 |
| Auckland | 3/2 Canada St, Newton, Auckland | (09) 366 6106 |
| Tauranga | Unit 36a, Historic Village, 17th Avenue West, Tauranga | (07) 571 0640 |
| Christchurch | 157 Waltham Rd, Sydenham, Christchurch | (03) 365 2295 |
| Dunedin | 411 Princes St, Dunedin. | (03) 477 6988 |

NZPC also has telephone and outreach services to the following regions:

| Region | Covering | Phone |
|------------|---|---------------|
| Waikato | Hamilton, Cambridge, Te Awamutu and surrounding areas | (07) 839 5519 |
| Manawatu | Palmerston North, Wanganui and surrounding areas | (06) 357 3150 |
| Hawkes Bay | Napier, Hastings, and surrounding areas | (06) 835 1400 |

Website: <http://www.nzpc.org.nz>
E-mail: info@nzpc.org.nz

GET OUT SAFE INFORMATION PROMPTLY

gossip gossip gossip gossip gossip gossip gossip gossip gossip gossip

*****BEWARE*****

**IF YOU HAVE EXPERIENCED A BAD CLIENT
OR KNOW OF A BAD CLIENT
TELL OTHERS, TEXT, TALK AND SHARE
INFORMATION, DESCRIPTIONS, ETC.
PLEASE LOOK AFTER ONE ANOTHER!**

www.zpc.org.uk





We Are Professional