

# sextalk.

answers to your questions about sex and relationships

**factoid** The oldest known condoms, dating back to 1640, were found in the foundations of Dudley Castle in England.

**Q.** Recently, a couple had sex in my shower. My roommate does not know about this. Is there any way he could be at risk for contracting an STD?

**A.** It's highly unlikely that anyone using the shower after the "coupling" would be at risk for a sexually transmitted infection (STI). If you are concerned that germs are lurking on the walls, floors or plumbing fixtures, fear not! Viruses and bacteria do not live well on inanimate things (outside the human body) for very long. Most STIs are passed from person to person through direct contact with blood, semen, vaginal secretions, or skin-to-skin contact.

If you are still worried, give the shower a good cleaning and scrubbing. Any cleaning product will destroy organisms – you don't need to use antibacterial cleansers. Soaps and the mechanical action of scrubbing is what kills germs. Also, a solution of 10% bleach (1 part bleach to 9 parts water) will make your shower clean, fresh and safe.

**Q.** Can girls get a prescription for birth control pills at Campus Health? And if so, are they very expensive if you don't have insurance?

**A.** Female students can get oral contraceptives at the Campus Health Service (CHS). Our doctors and nurse practitioners write prescriptions that can be filled at our Pharmacy, located on the main floor of the Highland Commons Building, or at off-campus pharmacies. Drug prices are usually lower at CHS than other sites in the community, including Planned Parenthood.

Any student can be seen at CHS – insurance is not required. Students who do have insurance may pay their bill, and then submit receipts to their insurance company for reimbursement, although some insurance providers don't cover contraception. Insured students may find that the Campus Health Pharmacy prices are even lower than their insurance co-payment price. The CHS Pharmacy does not take insurance cards.

Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

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