

# sex talk.

answers to your questions about sex and relationships

wildfact



**FREE  
CONDOM  
FRIDAY!**

Pick up free condoms, latex dams, and more every Friday between 12-2pm at Free Condom Friday: UA Campus Health, 3rd Floor, in Health Promotion!

## Male Questions About Pregnancy

**Q. I heard that hot tubs reduce a guy's sperm count. If I had sex with my girlfriend in a hot tub can she get pregnant?**

**A.** Exposure to heat can slightly, but not drastically, lower sperm count. She can get pregnant if you ejaculated inside of her. Sperm don't have far to travel from the top of the vagina, through the cervix, into the uterus, and up the fallopian tubes to meet an egg.

**Q. I had sex with my girlfriend when she was on her period. Is that a safe time?**

**A.** It's much safer than other times of the menstrual cycle. Women rarely release a mature egg during menstrual bleeding. Bleeding usually occurs for 2-7 days when hormones signal the lining of the uterus to slough off. Women are usually least fertile in the few days just before, during, and just after their period.

**Q. If I "cum" in a pool, can any nearby women get pregnant?**

**A.** Chances are next to zero. Sperm would be unlikely to survive the water temperature and the

chemicals in the pool. Free-floating semen would disperse, become diluted, and the sperm would not have the propulsion (nor navigational skills) to make their way up anyone's vagina.

**Q. We used a condom and it slipped off. I'm worried. Is Plan B an option and for how long?**

**A.** Plan B (emergency contraception) is one pill with a high dose of hormones that can prevent ovulation and thicken cervical mucus when taken within 72 hours of unprotected intercourse (the sooner the better). Anyone can buy it at a pharmacy. It's 75-89% effective and way better than doing nothing.

**Q. I heard that a girl cannot get pregnant when she is "on top." Is that true?**

**A.** Pregnancy can (and does) happen when girls are on top, in a hot tub, standing up in the shower, and the first time they have sex. If you have sex with someone of the opposite sex, assume that you are both fertile, and use effective contraception (the pill, shot, ring, IUD, condoms, etc.)



www.health.arizona.edu

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



**CAMPUS  
HEALTH**

SexTalk is written by Lee Ann Hamilton, MA, CHES, David Salafsky, DrPH, MPH, and Carrie Johnson, MEd, CHES, health educators at the UA Campus Health Service.

# WASH'EM! HOW TO KILL FLU GERMS:



**1** Handwashing should take 15 seconds. Soap up well. No need for antibacterial soap.



**2** Scrub between fingers, including sides and creases.



**3** Rub each palm on top of opposite hand.



**4** Scrub nails against opposite palm. Remove visible dirt with brush or nail file. Rinse hands thoroughly.



**5** Use a towel to turn off faucet. If possible, use the towel to open the door, then throw it out.

More info: [HEALTH.ARIZONA.EDU](http://HEALTH.ARIZONA.EDU) (search for "FLU NEWS")

### WASH BEFORE:

- Touching food
- Brushing/flossing teeth
- Touching contact lenses
- Touching a wound

### WASH AFTER:

- Being near a sick person
- Using the toilet
- Changing a diaper
- Blowing your nose
- Coughing or sneezing
- Touching a wound
- Handling garbage



APPOINTMENTS:  
(520) 621-9202



**CAMPUS  
HEALTH**

ADAPTED FROM POSTERS DEVELOPED AT THE UNIVERSITY OF CALGARY WELLNESS CENTRE



# injured?

**Sports Medicine doctors are available to you!**

Injuries can occur anywhere from participating in intramurals to everyday mishaps. The **Campus Health Service** has qualified doctors who are able to assist with your sports medicine needs.



**CAMPUS  
HEALTH**

NO HEALTH  
INSURANCE  
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BURSAR'S ACCEPTED FOR CURRENT STUDENTS

Appointments: (520) 621-9202 • [HEALTH.ARIZONA.EDU](http://HEALTH.ARIZONA.EDU)

