

# sex talk.

answers to your questions about sex and relationships

wildfact

Using condoms during sex is easy, smart, and shows you care about your health, and your partner's health.

## Can I get an STI from a toilet seat?

It's very unlikely, unless you're having sex with someone ON the toilet seat!

People get sexually transmitted infections (STIs) from intimate contact with other people... most commonly in bedrooms, not bathrooms.

Let's talk through a scenario: for "standard" toilet use, an organism would have to survive on the toilet seat, itself an unlikely prospect, since bacteria and viruses need human cells, moisture, and body heat to live. Cold, hard, dry plastic is not good for STI growth. Hooray!

Next, your body (genitals, buttocks, legs) would have to make direct, prolonged contact with a thriving organism on the seat. Very unlikely. Even after you add up all the "what ifs," STI-by-toilet seat is very close to impossible.

Yes, there are plenty of other "bugs" lurking in public restrooms,

but the good news is they rarely make people sick. Germs are no match for a healthy immune system and a thorough hand-washing. According to research done at the UA, the leading culprit is sinks. Anything with a handle (toilet, faucet, paper towel dispenser, and door) can also be a place for fecal (and other) bacteria to reside. Some bathroom-goers don't wash their hands after using the facilities, and many more don't wash for as long as they should (20-30 seconds).

Wash your hands well and don't fear the toilet seat. If you want to avoid an STI during sex, use condoms or latex dams, know your partner's STI test status, or abstain from sex. Need condoms, lube, or dental dams? Stop by Free Condom Friday at UA Campus Health, every Friday during the fall and spring semesters from 12-2pm.



www.health.arizona.edu

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



**CAMPUS HEALTH**

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# do you want...

less stress? better grades?

less sickness?

better mood?



## sleep on it!

Getting enough sleep each night improves ability to manage stress, boosts the immune system, sharpens concentration and memory for studying, and enhances overall physical and emotional health.

### tips for better sleep

- Keep regular waking & bedtime hours
- Engage in regular physical activity
- Get 7-9 hours each night
- Don't check phone while "asleep"
- Set an alarm to go to bed
- Keep naps 30 minutes or less



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