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## How safe is oral sex?

Experts are quick to dispel the popular perception that oral sex equals safe sex. Well, it definitely isn't safe sex as several sexually-transmitted diseases (STDs) such as herpes, viral hepatitis and HIV can spread through oral sex. Couples attempting oral sex can minimise their risks of STDs by using barrier protection – whether it's a condom covering the penis or a dental dam placed over the anus or vulva.