

# SEX TOY SAFETY CLEANING AND DISINFECTING

- Sex toys are devices, such as vibrators and dildos, which are used to increase sexual pleasure and provide added erotic stimulation. **Never share sex toys** as sex toys can transmit sexually transmitted infections (STIs).
- Always use a new latex or polyurethane condom on a sex toy if it is being used in different areas, for example from anus to vagina.
- Cleaning and disinfecting is always a 2-step process. Even if the product label states that it cleans and disinfects in the one step you need to follow a two-step method if possible:
  - Step one** – Cleaning means removing organic debris (such as vaginal secretions, stool) that is visible to the naked eye.
  - Step two** – Disinfecting ensures that any germs, which are not visible to the naked eye, are killed or inactivated
- Proper disinfecting of the sex toy depends on what the toy is made of. Always check the label for product information. Not all sex toys can be disinfected.
- What does the manufacturer recommend for the product? Remember, ideally, you want something that will disinfect, not just clean!
- Toys with batteries or metal parts will be unsuitable for total immersion; Wash the end without the batteries with soap and water. Soak the end without the batteries in a 1:10 household bleach solution for 10 minutes to disinfect. (Directions for 1:10 household bleach solution on reverse.)
- No method of disinfecting is guaranteed—**the safest practice is not to share toys!**

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## CLEANING AND DISINFECTION:

Choose the appropriate option based on the material of your sex toy.

### **Jelly Rubber Sex Toys**

This product is quite porous which means it has small holes where germs can be found. Always use a condom with jelly rubber toys.

**Cleaning:** Use mild hand soap or a soapy cloth and rinse with warm water.

**Disinfecting:** Unable to be disinfected. Never use rubbing alcohol or bleach, as it will damage the rubber.

### **CyberSkin, Softskin, Ultraskin Sex Toys**

These toys are made of thermal plastic. It feels lifelike and tears easily.

**Cleaning:** To clean it, use water only or a mild hand soap. Do not use dish soap.

**Disinfecting:** Unable to be disinfected. Do not use rubbing alcohol or bleach. It tends to be tacky after cleaning, use the special talc provided or use cornstarch to get rid of tackiness.

### **Silicone Sex Toys**

Toys made of silicone are not likely to cause an allergic reaction.

**Cleaning:** Clean with soap.

**Disinfecting:** Use a 1:10 (10%) household bleach solution. Mix ¼ cups of household bleach with 2 ¼ cups of water. Let soak for 10 minutes. Throw out bleach and water mix after use. Silicone sex toys can also be boiled and are top rack dishwasher safe. Don't boil silicone toys that have a vibrator inside.

### **Hard, Non-Porous Sex Toys**

Sex toys can be made of hard plastic, acrylic, glass and metal.

**Cleaning:** Clean with soap.

**Disinfecting:** Use a 1:10 (10%) household bleach solution. Mix ¼ cups of household bleach with 2 ¼ cups of water. Let soak for 10 minutes. Throw out bleach and water mix after use. They are also top rack dishwasher safe.

Source:

<https://www.nhs.uk/common-health-questions/sexual-health/are-sex-toys-safe/>

<https://www.brown.edu/campus-life/health/services/promotion/content/whats-best-way-clean-sex-toys>

<https://www.lgbtqiamidwest.org/chai-resources/sex-toy-safety>

For more information, contact the Sexual Health Team at the Middlesex-London Health Unit at (519) 663-5317 or visit [www.healthunit.com](http://www.healthunit.com)

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