

PLAY FAIR!



Several Months Ago, Mother Superior noticed a lot of sniffing, coughing, grimacing, twitching, scratching, and farting around the convent. Several of the Sisters of Perpetual Indulgence were complaining about itchy pussies, burning buttholes, sore balls, swollen glands, discharges, scratchy throats, rashes, cramps, lumps, and tingling between their legs. Besides hiring a resident Roto-Rooter specialist and replacing the hinges on the bathroom doors weekly, the convent's consumption of toilet paper, aspirin, Band-Aids, and air freshener grew so much that Mother Superior was forced to ask the Pope for a larger slush fund just to keep the order afloat.

Embarrassed by such outrageous expenses and alarmed by the illness—and in some cases the downright collapse—of the Sisters, Mother Superior made it her business to get to the bottom of this unhappy



situation on the very morning she found a crab walking up her leg. What she discovered might gross you out, but these findings may prove useful in preventing or eliminating similar situations in your life.

It seems that the Sisters were suffering from numerous Sexually Transmitted Diseases. Gonorrhea, syphilis, herpes, scabies, intestinal parasites, hepatitis, warts, and HIV (not to mention the deadly guilt) are all rising at an alarming rate in our world. WE give these diseases to ourselves. WE can do something to stop this. Self-Care is the purpose behind this pamphlet. Please read it and share it with your friends. If everyone makes an effort towards Self-Care, we will all be better off. Not to mention we can have a much better time.

Play Fair, Be Queer, Self-Care

What is an STD?

STD stands for "Sexually Transmitted Disease". These are all infections caused by bacteria, viruses, parasites or attitudes, that can be passed from person to person in the course of getting off. The Sisters have listed some of the most common STD's in this pamphlet. If your symptoms are not here, it doesn't mean that you are not suffering. People don't always have symptoms. Be seen at a clinic regularly to get checked out. Self-Care is always the best solution.

Mother Superior's

Instructions and Tips for Self Care



Play Fair: If you know — or even suspect you have a STD, don't put other people at risk. And make sure that you do what you can to protect yourself. Self-Care and a festive attitude are the keys to a healthy and fun sex life.

Lubricants: Buy water based lubes. And there is no such thing as too much. Be wary of chemicals, and fragrances, MSG, hot sauce and the like... These can irritate sensitive tissues around your ass, pussy, cock, or mouth. Experiment with lubes to find one that works.

Soap & Water: Wash your fruit before you eat it. And cleaning up afterwards, or between partners is a good idea too... Remember Cleanliness is next to ...well you know...

The Old Douche: ABSOLUTLEY NOT! Stop douching. It spreads all those little bugs and infections you may have going on further inside you turning it into a BIG bug or infection.



The After Sex Piss: Pee as soon as you can after having sex. The sooner the better: Urine's acidity

can help clean out the urethra.

Cock Rings: Take off your ring when you are not using it. It can cut off the circulation to the family jewels causing them to swell and ache. Big Jewels are nice, but not in this case. Not to mention these things can set off metal detectors!

Condoms/Barriers: USE THEM!!! Condoms and other barriers prevent the spread of some diseases (especially the nasty ones). Good rule of thumb is no fucking without a condom, and no licking without a barrier. Plastic wrap is a cheap and inexpensive alternative to dental dams and other costly barriers.

Rimming: Sigh. This is a risky sexual behavior. Fun, feels good, and festive, but very risky. Even the cleanest looking most desirable ass can have shit full of bacteria and germs. Your tongue in



an asshole can slurp up just enough specks of infected shit to make you VERY sorry later. If you must rim do it with a barrier. An unlubed condom cut in half or a little plastic wrap goes a long way to keep things from spreading.

Piercings: Keep 'em clean. Let the holes heal before you play with them, and if they start getting irritated stop playing with them. For the best information check your local professional piercer.



PrEP-ARATION: If you stay ready, you don't have to get ready, so have a plan! The little blue pill (PrEP) for HIV before sex and her savvy sisters (PEP for HIV and doxy-PEP for STDs) after sex can help prevent infection. REMEMBER: Don't be silly! Just 'cause you have new toys doesn't mean you should forget about classics like CONDOMS or BARRIERS.)



Alcohol/Drugs: We are not ones to discourage a good healthy drunk once in awhile. Just be aware that when you are intoxicated or high you sometimes forget to take care of yourself. It is wise to not mix sex and drugs or alcohol. You could wake up with more than just a coyote date.

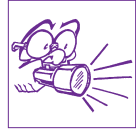
Nutrition/Vitamins: We all benefit from a good supper. To make sure it is not your Last Supper, eat healthy and take your vitamins. Good nutrition can repair a ton of sins.



Poppers: Every report and every doctor agree. Poppers are dangerous to your health. Especially if used with Viagra (the Penis Pill).

Observation: Look before you lick. Check out your partners before you lay hands on them.

Feeling someone up, and scoping them out takes on new meanings when you are caring for yourself. Some Sisters carry little flashlights for those dark and mysterious encounters. Trust your instincts. If you get a sense it isn't safe or that something is amiss, it probably is. Instincts are seldom wrong.



VD Testing: If you suspect you or one of your partners might have a bug or two (or more), it is good to get tested. Since most of these diseases can be contracted without any symptoms, every sexually active person should get tested regularly for all STD's. (Every 3 months for most STD's and every 6 months for HIV). Check out the attached Resource Wallet Card for places to go for STD testing.

Guilt

This is the deadliest of STD's.

It hides in the deepest darkest places in our hearts and minds. WE often don't even know we have it.

Symptoms: Feeling bad after a trip to the bars, baths, bushes, tearooms, or waking in someone else's bed. Low self esteem, excessive drug use, being mean and/or judgmental to friends, family, co-workers, or total strangers. Symptoms Appear: from 2 to 3 years of age and in many cases persist throughout life.

If Untreated: Can result in loss of ability to be happy; loss of spontaneity; large therapy



bills; loss of love; Random Acts of Meanness; impotence; sexual dysfunction; excessive drug use; epidemics of sexually transmitted diseases.

How you get it: Someone else's Family Values; Catholic schools (or Jewish, or Mormon, or Muslim, or other religious schools); 3 or more hours of TV a day; America Online; letting someone else decide what is good for you; politicians.

Cure: Respect and love yourself; Random acts of kindness; your own family values, a good giggle, lightening up.

Play Fair ♦ Be Queer ♦ Self Care



Several of the Sisters of Perpetual Indulgence returned from their latest sex party feeling satiated and basically happy, and yet there was something that gnawed within them. They couldn't figure out what was wrong until the next day when it dawned on them.

"It really is high time we updated our old 1982 sexually transmitted disease pamphlet," said one of the brighter nuns. The Sisters agreed unanimously. So that night

instead of participating in their usual evening vespers at Volunteer Park, they gathered at the abbey to have a good old fashioned bull session on STDs.



"Let's just talk about our personal experiences, and we should be able to come up with all sorts of ideas, since we're such a diverse group," said one of the smarter Sisters.

"Yes, Sister, and we're also a PERVERSE group, since we've come across [ahem] all kinds of situations," said one of the sleazier Sisters.



They all chuckled at the witty little play on words and then decided to write down words regarding sexual sickness of all sorts. "It's important to have fair play," voiced a concerned trans novice.

"Oh you silly sissy, don't you mean FOREPLAY?" queried a fully professed

"No, I mean it's important that we PLAY FAIR with each other and try not to transfer our bad bugs and raunchy rashes to



our sex partners," she replied. "And that goes for absolutely everybody who has sex-gay, lesbian, bisexual, transgender, queer, straight but hopefully not narrow, and all races and all creeds." Oddly enough, that particular novice always was the most knowledgable and politically correct of the bunch. But all the nuns eventually got down to dishing the dirt on disease, all having their own personal perspectives and experiences to share.



They concluded that by now just about everyone in the nation has been inundated with info about HIV transmission—how you must use a rubber for anal and vaginal fucking, how to properly apply the condom and use only water-based lube, and how to use latex barriers for anilingus and cunnilingus, "Say what?" questioned one of the less clinically aware.

"Eating out!" the others shouted in unison. They also felt that most people who are sexually active realize they need to schedule periodic anonymous HIV tests, and much more often



for the more indulgent ones.

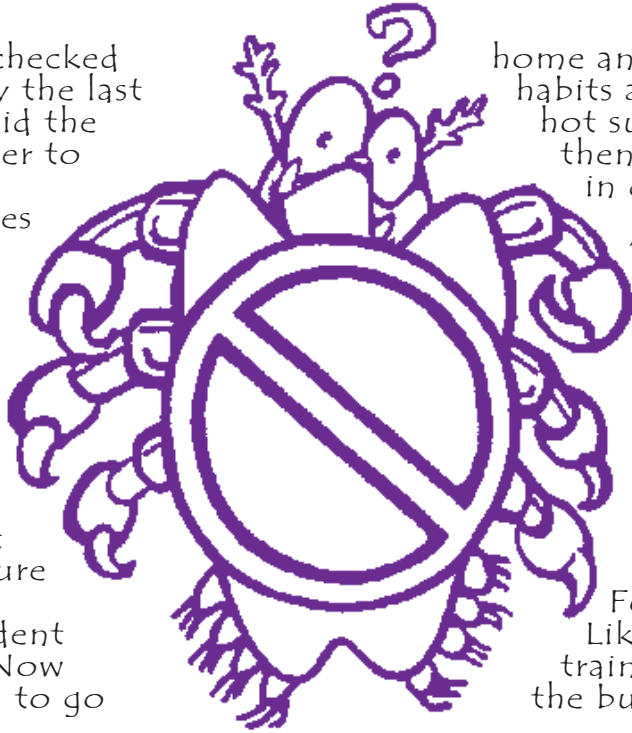
Just then the nuns noticed a Sister fervently scratching between her legs. "I guess I over-starched my undergarments again," said the itchy Sister. "Hey, your briefs are fine, it's what's INSIDE your panties that's plaguing you, doll," explained another. "You've got crabs—those teeny tiny bugs that crawl into your crotch, lay eggs, and then they all bite you in the privates, and non-consensually."

"Well, I'm certainly thankful I don't have those hideous crab



things, because I checked myself thoroughly the last time I had sex," said the self-righteous Sister to the crabby nun, removing his gloves to frantically dig away at the rash between his fingers and on his wrists.

"No, sweetie, you've got scabies, which are so small you can't see 'em but you sure can feel 'em," remarked the resident bad bug expert. "Now both of you need to go



home and wash all your habits and bedclothes in hot sudsy water and then diligently douse in delouse lotion."

"That's not such a bad STD. Not as bad as the clap," said a sorry Sister.

"Man, there's nothing like a dripping dick and oozing pus to attract the dudes. Not. And pissing? Forget about it! Like my work-out trainer would say, 'Feel the burn.'"



"Okaaaaay so, like, I've never, like, had that totally bogus gonorrhoea thingy," said the valley girl sister, flipping her blonde veil, "but I'll tell you what's even more heinous—syphilis. You can, like, totally have it but not, like, you know, know it, and if you don't get rid of it you could, like, go blind, omigod!"

"Oh girl, you're already blind. Put your glasses on for once," snapped the sistah Sister.



Chlamydia is the absolute worst. Especially for women, since most of the time there are no symptoms till it is way too late. It can turn in to cervical cancer or something like that."

"Well, I can tell you that warts are certainly no picnic," added an agitated acolyte. "And you don't get them by kissing frogs, although I must admit my last few dates were awfully toad-like. Those buggers have to be treated by an M.D. in the boo-tee and it's



agony," rapped the wannabee.

"Speaking of butts, I must confess to you my experience with parasites—those microscopic critters that inhabit your intestines and prefer to hang out around dirty assholes. Oh gee, no offense, Sisters," said a not yet fully professed but fully possessed parasitic postulant.

"None taken," the not quite cloistered cluster claimed.



"Well, at least I don't have herpes like some nuns I know," interjected a selfish Sister. "Those painful

blisters on the genitals and mouth seem like they'll never go away...er...that's what I've heard, I mean. And they're highly contagious. And in some stages of the disease you can't even tell they're still there, and you can unknowingly

infect your partner."



Finally the bright nun who started the whole discussion remarked, "The bottom line...hee hee...is everyone must get regular check-ups at their local STD clinic." And with that, the entire order set out to get full examinations. But first they shouted out from the rooftops:

**"IT'S ONLY
RIGHT TO
PLAY FAIR!"**



STDs: Symptoms and Treatments

HIV

Penis or Vagina: Initial exposure feels like a moderate to severe flu. You can be exposed for years and show no symptoms

Appear: 3 weeks to 3 months after exposure

Exposure*: body fluid: Blood, Semen, Vaginal Fluid, and breast Milk.

Cure: There is no cure for HIV infection, but there are lots of medication available for treatment.

Prevention: There are many things you can do before and after exposure. Pre-Exposure

Prophalaxis (PrEP) is a daily medication prescribed by your doctor taken to greatly reduce chance of HIV transmission. Post-Exposure Prophalaxis (PEP) is a medication taken within 72 hours of a known exposure to reduce your chances of infection. (Don't forget: PrEP works great for HIV, but not other STDs! Get tested regularly and don't forget to still use condoms)

*UNDETECTABLE = UNTRANSMISSABLE, meaning if your or a partner's viral load is so low a blood test can't detect it, transmission is very, very unlikely!

Human Papillomavirus (HPV) and Genital Warts

Penis, vagina or ass: Bumps can be cauliflower-like, round, smooth, or flat and almost invisible; most HPV infections cause no symptoms at all; almost everybody is infected. Woman can get HPV from female partners.

Symptoms: Warts usually appear 1 month to 3 months after contact

Untreated: Spreading of virus deeper inside sometimes requires surgery. Some HPV types cause cancer of the cervix or anal.

Treatment: Warts can be removed by freezing, chemical treatments, or cutting them off. Most HPV infections go away by themselves.

STDs: Symptoms and Treatments

Chlamydia, Nongonococcal Urethritis, and Cervicitis

Penis or Vagina: Too often no symptoms; clear or white discharge; sometimes itching or burns in cock with painful pee; usually milder than gonorrhea.

Ass: Usually no symptoms; sometimes same as gonorrhea.

Symptoms: Usually 1–2 weeks, often longer.

Exposure: Fucking; probably sucking (non-chlamydia cases only).

Untreated: PID and epididymitis (see gonorrhea); chlamydia is the most common cause of infertility due to blocked tubes.

Treatment: Antibiotics.

Genital Herpes

Initial herpes: Painful blisters or open sores on or around cock, ass, groin or mouth; swollen glands; sometimes very painful pee; fever, headache, muscle aches (like flu); lasts 2-4 weeks.

Recurrent herpes: The virus lives in the body forever and can break out any time in the future; blisters or sores, usually milder than initial attack; outbreaks usually on penis, around vagina, or around asshole, sometimes on buttocks, scrotum, upper thighs; outbreaks usually recur every 1-3 months.

Silent herpes: Most recurrent outbreaks are silent; everyone who has ever had genital herpes becomes a lifelong carrier.

Neonatal herpes: Baby can be infected if mom has herpes when she delivers; often kills the baby, survivors often retarded.

Symptoms: First symptoms usually appear 3-10 days after catching it.

Treatment: Antiviral drugs (Acyclovir) help healing and can prevent repeat outbreaks.



STDs:
Symptoms and Treatments

STDs: Symptoms and Treatments

Syphilis

Primary stage: Open sore, usually painless, sometimes with swollen glands in groin; often not noticed if painless or if inside butt, vagina, etc; goes away after 1-2 months, even without treatment.

Secondary stage: Usually starts 1-2 months after primary chancre goes away; skin rash, usually with non-itchy bumps or splotches; swollen glands all over (neck, groin, under arms); fever, sore throat, and many others; goes away after 2-4 months without treatment.

Latent stage: Silent; only detected by blood test; goes on forever if not treated.

Tertiary stage: Brain damage (blindness, deafness, craziness); heart damage; tumor-like lumps of skin,

bones, liver; can appear 1 year to 40 years later.

Congenital: Baby can catch syphilis in womb from infected mom; often kills the baby.

Exposure: Any kind of sex, usually fucking, sometimes sucking; direct physical contact with a sore to the blood stream.

Treatment: Penicillin; sometimes other antibiotics; treatment cures infection but can't reverse damage already done.

Scabies

Penis or Vagina: Tiny Red Bumps in tracks anywhere below the neck; intense itching.

Appear: 30 to 60 days after contact.

Exposure: body contact with infected person.

Untreated: sores can become infected when scratched.

Cure: Kwell lotion. Disinfect all linen and clothing in hot water for 20 minutes to destroy

STDs: Symptoms and Treatments

Crabs

Penis or Vagina: insane itching in hairy body areas, tiny red spots in underwear occasionally see the insects.

Appear: when eggs hatch in 7 to 21 days or sooner if you have a live crab.

Exposure: through body contact or contact with infected linen or clothing.

Untreated: Crabs grow as large as human beings and are listed as dependents on tax returns.

Cure: Kwell lotion, RID or other lotions Wash all clothes and linens.

Intestinal Parasites

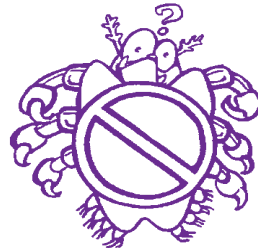
Penis or Vagina: cramps, gas, gas pain, changes in shitting pattern (more often, diarrhea) feeling run down for no reason, white coating on turds.

Appear: 3 days to several weeks after exposure.

Exposure: rimming someone infected or sucking the dick of someone that just fucked an infected person.

Untreated: Liver infection possible.

Cure: Horrible medications from your Dr.



STDs: Symptoms and Treatments

Gonorrhea (Clap)

Penis: White or yellowish discharge; painful pee.

Ass: Too often no symptoms; itchy or painful asshole, white or yellowish coating on shit. More gas than usual; "feels funny down there".

Throat: Almost always no symptoms; rarely sore throat or swollen glands in neck.

Vagina: Often no symptoms; white or yellowish discharge; sometimes-painful pee; spotty bleeding between periods, especially after sex.

Symptoms: Usually appear 2 days to 10 days after it's caught.

Exposure: Fucking; sometimes by sucking.

Untreated: Men can get inflamed, painful balls

(epididymitis); women can get tube infection (pelvic inflammatory disease, or PID) with low belly pain, worse during sex; untreated PID can cause sterility; rarely, inflamed, sore joints (gonococcal arthritis).

Treatment: Usually cured by just one dose of antibiotic.

Hepatitis A, B, & C

Penis or Vagina: feeling run down, jaundice, nausea vomiting, mild ache or pain in belly, dark urine, light colored shit.

Appear: 3 weeks or longer.

Exposure: through cum, shit, piss, and other fluids.

Untreated: Severe liver damage, death.

Cure: change diet, lots of rest, some medications are available (Vaccines available for A & B.)

Not STDs, But Just as Nasty!

Monkeypox (Mpox)

Rash: can begin on any area of the body and often looks like pimples or blisters to start. Most common around sensitive areas (mouth, anus, vagina, penis, chest, and hands or feet), often goes through several stages, including scabbing, before healing.

Other Symptoms: fever, chills, swollen lymph nodes, general flu-like symptoms.

Appear: 3 days to several weeks after exposure.

Exposure: through direct contact with a Mpox rash or scabs (skin-to-skin)

Treatment: antivirals for extreme cases, but, since

it's viral, time and isolation are the ticket

Prevention: a two-dose vaccine, taken four weeks from dose to dose, is widely available and effective at preventing infection or reducing intensity.

COVID-19

Symptoms: fever or chills, cough, fatigue, sore throat, loss of taste or smell, nausea, muscle soreness, and more...

Appear: 2 days to several weeks after exposure.

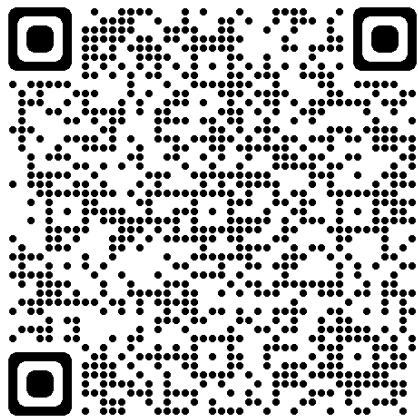
Exposure: through infected particles in the air, often more likely in crowded settings and those with poor ventilation (think bars, clubs, bathhouses, etc.).

Cure: rest, liquids, and antivirals for severe cases.

Prevention: vaccines and social distancing when cases in your area are high.

Testing, Treatment, and Support

The Sisters of the Abbey of St. Joan are passionate about sexual health and wellness, but were not medical professionals. Work with your doctor to find the combination of testing, prevention, and safer sex practices that help you PLAY FAIR!



Scan to find
resources in King
County!

THE SISTERS OF
**PERPETUAL
INDULGENCE®**



THE ABBEY OF
ST JOAN

Our Mission:

We are an order of twenty-first century nuns dedicated to the promulgation of universal joy and the expiation of stigmatic guilt. We work to raise money for AIDS charities, fight for queer rights and visibility, do safer sex outreach, and strive diligently to keep our sense of humor, never taking ourselves so seriously that we forget to have fun. We gladly welcome all races, creeds, genders, and sexual orientations.

Credits

1999 Recreation San Francisco

Mother House

Design

Circle Elephant Art

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Sister Dana van Iquity
aka Dennis McMillan

Many Thanks

to the creators of the original version of
Play Fair! who gave us so much great
material to work with.

2023 2nd Revised Edition
Seattle Abbey of St. Joan

Printing:

Girlie Press

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2023 revision and update completed as
part of the Novice Project of Novice
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