

KEEP YOURSELF SAFE

ALWAYS USE CONDOMS

- Using condoms for vaginal sex protects you from HIV, Hepatitis B and C and other sexually transmitted infections and prevents pregnancy.
- Using condoms for anal sex protects you from HIV, Hepatitis B and C and other sexually transmitted infections.
- Using condoms for oral sex protects you from HIV and sexually transmitted infections that can be caught orally.



USE BACKUP CONTRACEPTION

If a condom bursts

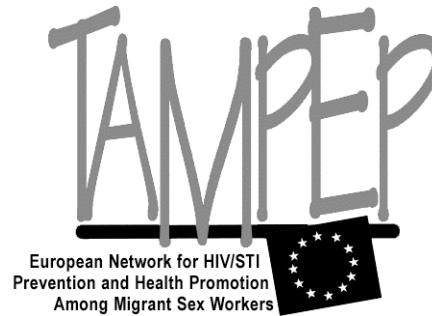
- If you have not been using **backup contraception**, get emergency contraceptive within 72 hours. You can get it from a family planning service.
- If you know your partner(s) have an infection or they have any symptoms then go for a medical check up immediately, the doctor may provide preventive treatment.
- Go for a **sexual health check up two to seven days after the condom burst.**

GOING FOR MEDICAL CHECK UPS

- Always follow a doctor's advice regarding the risk of infection.
- If you have had a burst condom always tell the doctor about any symptoms your partner had, the doctor may be able to offer you a preventive treatment.

LOOK AFTER YOUR BODY

- If you have a discharge, other symptoms or have abdominal pain, go for a sexual health check up.
- Don't self prescribe; get a medical check up to ensure correct treatment.
- Always complete any course of treatment prescribed by a doctor, otherwise the infection may come back.
- Go for regular sexual health check ups or when you have a condom burst or unsafe sex.



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For more information:

ENGLISH
Condoms & Lubricants

**CONDOMS &
LUBRICANTS**



Condom TIPS

When buying condoms

- Always buy good quality condoms – they can save your life!
- Check that they are made from latex or polyurethane. These are the best and the safest.
- Check the package is not damaged.
- Check the expiry date. If the condom is out of date it is more likely to burst.

Keep yourself safe

- Avoid any contact between the penis and vagina, anus or mouth before the condom is put on.
- Use condoms you have bought or got from someone you trust. If using a condom supplied by a client check it carefully – some clients interfere with the condoms they bring.
- Put the condom on the client yourself – some clients will try to interfere with the condom when putting it on.

DO's of condom use

- Keep your condoms in a safe place where they will not get damaged; remember: heat can damage condoms.
- Use a new condom EVERY TIME you have sex.
- Use lubricated condoms for vaginal and anal sex.
- ONLY use water-based with condoms.
- Open the packet carefully with your fingers, watch out for sharp or broken fingernails!.

DO NOT's of condom use

- **Never use baby oil, Vaseline, soap or any other oil-based lubricants** - they can cause condoms to burst.
- Never open a condom packet with your teeth or scissors – you could accidentally damage the condom.
- Never unroll the condom before putting it on –air could get trapped in the tip when you put it on which will make the condom burst.

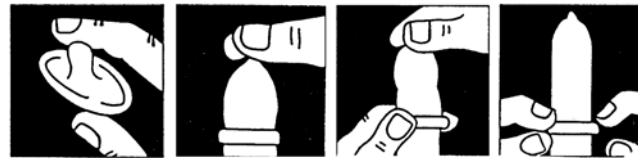
Using condoms

When to put it on

- The penis must be hard before you put the condom on.
- Put the condom on before any sexual contact occurs.

Putting the condom on

- Pinch the teat or top 1cm of the condom between your thumb and forefinger, making sure you get all the air out - otherwise the condom may burst.
- Put the condom on the head of the penis and roll it down the shaft of the penis while holding the tip to make sure no air gets trapped at the top of the condom - otherwise the condom may burst.
- Make sure you roll the condom all the way down to the base of the penis - otherwise it might slip off.



During sex

- Some sex workers hold the rim of the condom at the base of the penis during sex to stop the condom slipping off and/or the client interfering with it.

After ejaculation

- The penis should be withdrawn from the vagina or anus before it becomes soft.
- Hold on to the rim of the condom when the penis is being withdrawn to prevent it slipping off and left in the vagina.
- After the penis is withdrawn from the vagina, you or the client can remove the condom and dispose of it safely in a dustbin.
- Always dispose of condoms safely. Don't leave used condoms lying around in public places.

Lubricants & Condoms for every occasion

LUBRICANTS

Using water based lubricants helps stop condoms bursting especially if you are dry. If the client doesn't see you putting it in he often believes it is natural, which can make him come quicker. Always use lots for anal sex, to reduce condom bursts and damage to your body.

Some lubricants contain spermicides and/or viricides, Spermicides are to prevent pregnancy; most spermicides are also viricides, which can prevent some sexually transmitted infections. However, research has shown that using them can **increase your risk of HIV infection – so don't use any products containing Nonoxynol or other spermicides/viricides.**

CONDOMS

Condoms come in a range of strengths, sizes, shapes, flavours and colours to suit every penis and occasion.

- For extra protection use an extra strong condom for vaginal sex – particularly if you know it is going to be long or rough session as well as anal sex.
- **Never use two condoms together as they are more likely to burst.**
- For oral sex use a flavoured condom (it hides the taste of the latex), or one with no lubrication at all.
- For the client with a small penis you can get small (slim) condoms that won't slip off as easily.
- For the client with a large penis you can get large (fat) condoms that won't burst as easily.

For advice on the most reliable makes of condoms and lubricants ask an experienced colleague or contact the organisation listed on the back of this leaflet.

They can also tell you where you can obtain condoms and lubricants.