

**Is yours up to it? : Not all condoms are created equal. Some are stronger than others ... / Health Education Authority.**

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Health Education Authority (Great Britain)

**Publication/Creation**

[London], Health Education Authority, [1992]

**Persistent URL**

<https://wellcomecollection.org/works/kk4wbvzh>


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# Is yours up to it?



Not all condoms are created equal. Some are stronger than others. So if you're going to fuck, it makes sense to use one of the stronger variety. Look out for Durex Extra Strong, Mates Super Strong and HT Special.

At the very least, make sure the condom you use has a kitemark on the packet. This shows it meets certain standards. (HT Specials are German and don't have a kitemark but have passed stringent tests.)

And use a water-based lubricant like KY, never oil as this can damage a condom.



YOU CAN FIND OUT MORE ABOUT SAFER SEX BY CALLING ONE OF THE FOLLOWING NUMBERS.  
THE NATIONAL AIDS HELPLINE ON 0800 567 123, THE TERENCE HIGGINS TRUST ON 071 242 1010  
OR LONDON LESBIAN AND GAY SWITCHBOARD ON 071 837 7324.

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