

**Rip off the wrapper : open with care / Health Education Authority.**

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# Rip off the wrapper.



## Open with care.



A bit of rough handling may not matter to jeans. But it's not good for condoms. If you don't open them carefully you may damage them. So never use your teeth. And never get oil on condoms. It can ruin them.

If you're using oil to give each other a massage, have a towel or tissue handy to wipe your hands. The heat from a radiator or bedside lamp can ruin condoms too. So keep them well clear. And check the expiry date stamped on the packaging. After that they lose their strength and shouldn't be used.

Take care of condoms if you want them to take care of you.



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.