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Contributors

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Fight back

condoms are crucial,
use 'em with lube

Gay Men Fighting AIDS

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Safer sex cuts down or cuts out the risks of getting or passing on HIV.

The guidelines for safer sex are the same if you are HIV-positive, negative or don't know. Fucking without condoms is by far the biggest risk in sex. Extra strong condoms are best for anal sex - good ones are: Durex Ultra Strong, HT Specials, Mates Super Strong, and Gay Safe.

A condom on its own isn't enough - use lots of water-based lubricant such as KY, Liquid Silk, Slik and ForPlay. Never use oil-based lubes like vaseline as these rot the rubber really quickly and cause condoms to split. Don't rely on the other guy having some - take your own. It's easy to forget a condom in the heat of the moment - think and plan ahead and leave some by your bed.

Sucking is very much lower risk. Looking after your mouth and not getting cum in it reduces the risk even more. Kissing, wanking and any other forms of sex that don't involve blood and cum getting into the body are safe.

If you want to get involved in GMFA or make a donation contact:
Unit 42, 49 Effra Road, LONDON, SW2 1BZ. Tel: 071 738 6872

 **Gay Men
Fighting AIDS**