Sex & drugs, H.I.V. & A.I.D.S. / written by Central London Action on Street Health.

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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 Condoms aren't 100% safe because they can tear (especially when used anally) or come off.

Best condoms are: For vaginal sex – Durex Nu-form, Gossamer, Gold, Mates Natural. For anal sex – HT Special, Tough Mates. For oral sex – Durex Fetherlite.

HOW TO USE & CONDOM



L (see illustration 1)
 don't snag with rings or finger nails



- (see illustration 2)
 if your condem has a test squeere all the air out from the test.
 if your condom does not have a test leave 30° space in the tip of the condem to collect the spectra Remember to squeeze the air out of the space before putting it on.
 dealt put on inside out.
- (see illustration 3)
 if you've got a foreskin pull it back.
 rell condom ento hard penis. Make sure it goes all the way down to the base.

(see illustration 4)
 after cumming hold onto rim of condom when you pull out.
 get used to condoms, play with them, wark with them, have good fur with them.

SHOULD I HAVE THE TEST FOR H.I.V.?

There is a blood test which will show whether you have come into contact with H.I.V.

THIS IS NOT A TEST FOR A.I.D.S.

If you are thinking of having the test or want more information, go to a S.T.D. (sexually transmitted diseases) clinic and talk things over with an adviser first. You don't have to use your real name. There are many reasons for and against having the test.

If you know you have H.I.V., eating healthily, getting lots of sleep and reducing your stress will help you keep

ALWAYS practise safer sex and NEVER share needles and syringes. IT'S NOT WORTH THE RISK

If you have a lot of partners, you may be tempted or pressurised into not protecting yourself and others from H.I.V. But remember it's WHAT YOU DO with your partner that's important.

 Here are some useful addresses and phone numbers for advice. information and support in Central London:

 Central London Acias and Setter Media (LASM) 10 Bannen Building 10 Bannen Buil

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Tenence Haggins Trust BM AIDS, London WCIN 3XX TEL: 831 0330

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SEX & DRUGS, H.I.V. & A.I.D.S.

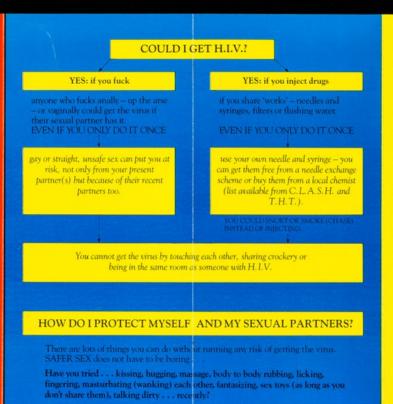
National AIDS Helpline TEL: 0800 567 123

H.I.V. and A.I.D.S., what's the Difference?

You can't catch A.I.D.S. What you can catch is H.I.V. – Human Immunodeficiency Virus. This virus can cause your body's natural defences to break down and you could go on then to develop A.I.D.S. – Acquired Immune Deficiency Syndrome.

If you have got the virus, this does not mean you have got A.I.D.S.

You can only get H.I.V. if someone else's infected blood, sperm or vaginal fluids enter your body/bloodstream.



ORAL SEX

Avoid oral sex if you have open sores, ulcers or cuts.

If you get vaginal fluid or sperm (cum) in your mouth, don't keep it there, it's better to spit it out.

SO, YOU DON'T HAVE TO FUCK TO HAVE A GOOD TIME,

however... if you still do want to fuck, the safest way to do it is by ALWAYS using a condom (rubber, johnnie, durex, sheath) AND lubricating jelly (K.Y. or spermicide cream that contains nonoxynol 9, like Duragel or Gynol II).

DON'T USE OIL BASED LUBRICANTS (like vaseline) WITH A CONDOM, AS THEY'LL ROT THE RUBBER

Condoms also protect you from other sexually transmitted diseases like warts, herpes and gonorrhoea. They also protect women from cervical cancer, as well as preventing pregnancy, although you may want to use another method of birth control as well eg. cap, coil, pill.