

**For sexual transmission of HIV to occur, body fluids (blood or semen) must enter the partner's body through the vagina, rectum or penis : A condom should be used in heterosexual sex for both vaginal and anal sex (for anal sex a stronger condom should be used) ... / Scottish AIDS Monitor ; photography by Alasdair Foster.**

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### **Publication/Creation**

[1999?]

### **Persistent URL**

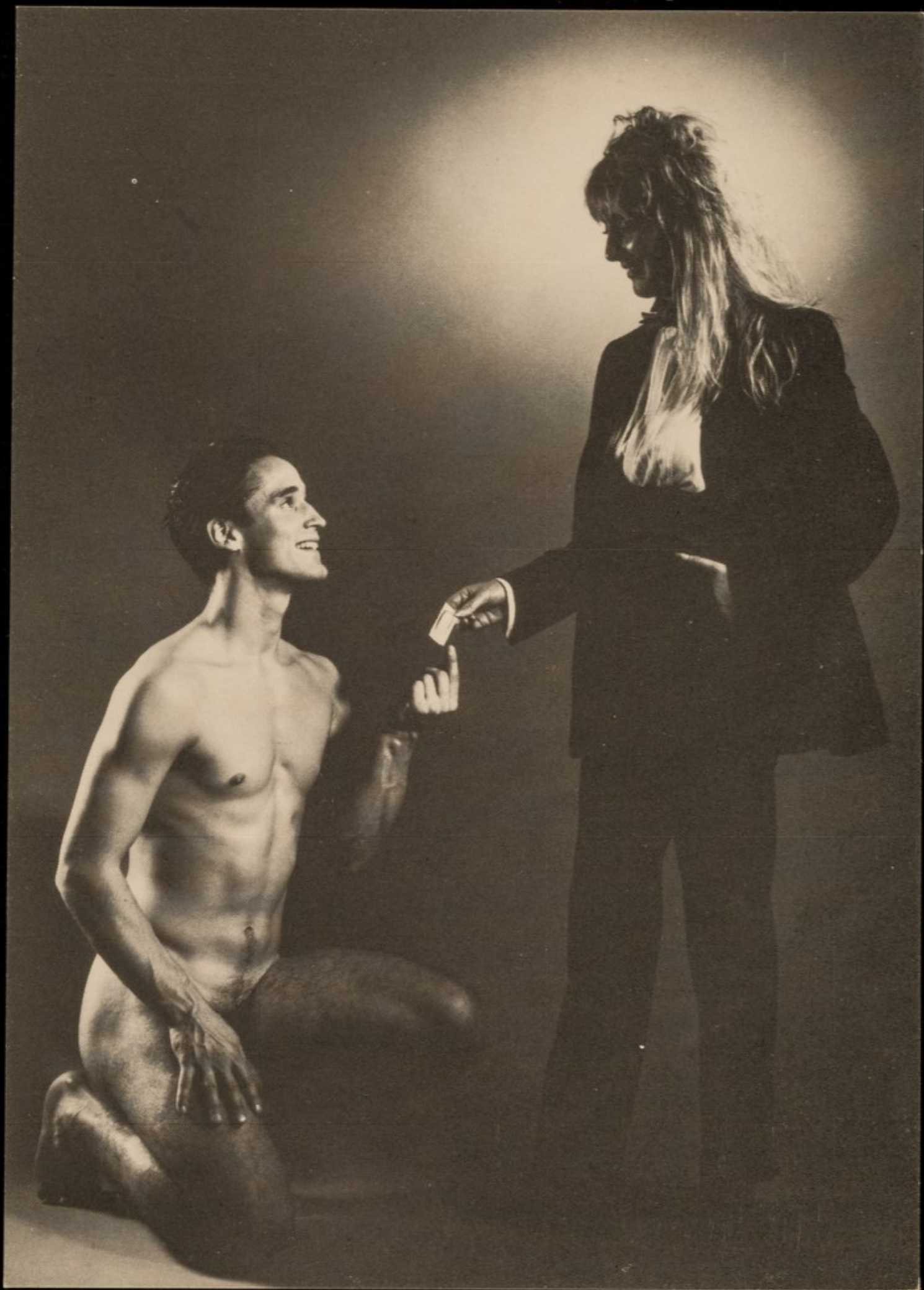
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For sexual transmission of HIV to occur, body fluids (blood or semen) must enter the partner's body through the vagina, rectum or penis. A condom should be used in heterosexual sex for both vaginal and anal sex (for anal sex a stronger condom should be used) preferably one which contains Nonoxynol 9 as a safeguard. All lubricants used with condoms must be water based (KY, but preferably Gynol II as this contains Nonoxynol 9). Grease based lubricants (Vaseline etc.) rapidly damage the rubber and so reduces the protection.

Any sex not involving penetration or the exchange of body fluids is safe.

For more information phone:

**THE 24 HOUR FREEPHONE  
NATIONAL AIDS HELPLINE  
0800 567 123**

**National Office:** 64a Broughton Street, Edinburgh EH1 3SA Tel. 031-557 3885

**Glasgow Office:** 22 Woodside Terrace, Glasgow G3 7XH Tel. 041-353 3133

Photo by Alasdair Foster © Scottish AIDS Monitor

