

But that's double Dutch! / Brook Advisory Centres.

Contributors

Brook Advisory Centres

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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>

DID YOU KNOW?

- Sexually transmitted diseases (STD's) are very common - about one in three people are infected at some time.
- Some of these infections can leave you not able to have a baby if they're not treated.
- You might not always know if you've got an STD as some people don't become ill or have any obvious signs of infection. But you can **still infect your sexual partner**.
- Some infections (like HIV) are caused by a virus and can't be cured. This is why Double Dutch always makes sense.

HOW WOULD YOU KNOW IF YOU HAD AN STD?

It's hard to tell if you have an STD. Some people don't have any signs (especially women). BUT these are signs you might or might not notice:

- Soreness in the genitals or abdomen (tummy)
- Itchiness (especially the genitals)
- A discharge that smells or looks different
- Pain low down in your abdomen (tummy)
- Pain when passing urine, or you go more often
- Streaks of blood in the urine
- Lumps, blisters or sores on the genitals (even if they don't hurt)

WHAT SHOULD YOU DO?

- If you notice signs which might be of an STD
OR
- You think (or know) your sexual partner has an STD
OR
- You've had unsafe sex - sex without using a condom

GO TO YOUR NEAREST GENITO-URINARY MEDICINE (GUM) CLINIC

- It may be called an STD CLINIC or SPECIAL TREATMENT CENTRE. (Look in the phone book under 'Clinics' or phone any hospital and ask.)
- Even if there's nothing wrong with you they will be happy to see you for a check up to see if you're OK.
- You don't need a doctor's letter and it's confidential!

REMEMBER!

SAFER SEX IS SEXY! STDs ARE NOT! DOUBLE DUTCH MAKES SENSE!

- Safer sex includes hugging, kissing, stroking, massage, masturbating each other or any activity which avoids contact with his semen or her vaginal fluids.
- If and when you have sexual intercourse, always (**and that means always!**) use a condom to lower the risk of infection from STD's including HIV. If you really want to avoid a pregnancy, use another reliable method of contraception as well.
- You can learn how to use a condom and get free advice and supplies for all methods of contraception at your local Brook Advisory Centre or family planning clinic.
- If a condom splits or you forget to use it, the risk of pregnancy can be high. If you haven't used another contraceptive as well, ask your doctor for EMERGENCY CONTRACEPTION. You must go within 3 days but seek help anyway as soon as possible.
- **DOUBLE DUTCH GIVES MAXIMUM PROTECTION!** The pill protects from pregnancy. The condom protects against infection.

Phone the **BROOK HELPLINE: 0171 617 8000** (normal call charges) for recorded information 24 hours a day on:

- Contraception
- Pregnancy
- Abortion
- Sexually transmitted infections
- Emergency contraception (up to 5 days after sex)

For information on **AIDS (24 hours a day)** phone the special **AIDS HELPLINE (free): 0800 567123**

Brook

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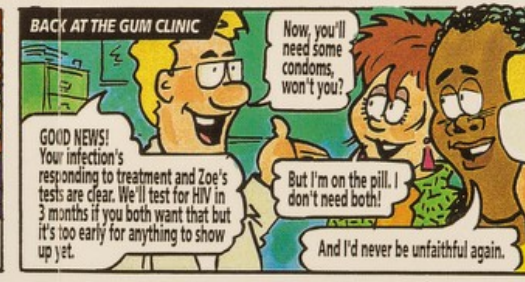
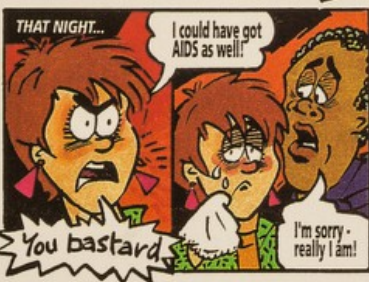
Brook Advisory Centres provide free condoms, birth control advice and supplies, pregnancy testing and counselling for young people.

There are Brook Centres in England, Scotland and Northern Ireland. Ring: 0171-713 9000 for details of your nearest Brook Centre or young people's birth control service.

but
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double
dutch!



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DOUBLE DUTCH

MAXIMUM PROTECTION FOR SAFER SEX

A CONDOM + THE PILL = DOUBLE DUTCH

(to protect from infection) OR ANOTHER CONTRACEPTIVE (to protect from pregnancy) **DOUBLE DUTCH**

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