

**Back to basics / GMFA ; photograph by Den.**

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Gay Men Fighting AIDS (Organization)

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# Back to **basics**

There are now more gay men with HIV than ever before.

New drugs to fight HIV don't work for everyone.

There is no cure for AIDS just around the corner.

AIDS is not under control yet, and protecting yourself against HIV is as important now as it ever has been. Being terrified of AIDS or trying to avoid contact with HIV positive men in social or sexual situations isn't going to help you.

By following a few basic actions you can avoid contracting or spreading HIV.

If you fuck with other men, use an extra strong condom. The best brands to use are Durex Extra Strong and Mates Superstrong. Make sure you always use a water based lube with the condom. It's really important to use lubricant as it reduces the chances of the condom breaking. Spit is not a good substitute for lube, and oil based lubes such as Vaseline, suntan oil and baby oil will rot the condom.

It is possible to become infected with HIV through sucking a guy's cock, but it is extremely unlikely. For most gay men, the chance of becoming positive through sucking is so remote, they feel safe doing it. If you believe that any risk, no matter how small, is too risky for you, use a condom when sucking. It is impossible to give you hard facts about the exact levels of risk involved in sucking. Only you can decide what is safe enough for you.

Kissing or wanking other men is totally safe, as is any other form of sex which doesn't involve blood and cum getting into your body.

Having safer sex will not always prevent other sexually transmitted infections. You will not always know if you have an infection, so get regular check-ups every three to six months even if you have no symptoms. Details of sexual health clinics are in the Yellow Pages under 'clinics'. Treatment is free and confidential, and some clinics have special services for gay men.

For more information about safer sex visit our website at [www.demon.co.uk/gmfa](http://www.demon.co.uk/gmfa)

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**GM -A**  
Gay Men Fighting AIDS