

**Safe sun, safe fun : a guide to safer sex, the condom, and you! / produced by The Network - a community response to HIV in Coventry and Warwickshire ; cartoons by Paul Finnegan.**

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## Sea, sex and sangria

For many of us a drink is part and parcel of our holiday. Here are a few tips to ensure it stays fun.

- ♥ Alcohol dehydrates - so have soft drinks as well to ensure you don't dry up under the sun!
- ♥ It is often cheaper abroad and poured in larger measures.
- ♥ Booze and water sports don't mix - so dip **before** you drink.
- ♥ Alcohol may also cloud your judgement when choosing safer sex.

**SO STAY SAFE, STAY HAPPY AND HAVE A WONDERFUL HOLIDAY**

### Contacts

For more information or advice, phone:

**National AIDS Helpline**  
(24 Hour)  
**Freephone 0800 567 123**

or  
**AIDS LINE**  
(evenings)  
**0203 717199**  
**0926 430630**

### What is HIV?

HIV is the virus that can lead to AIDS. You cannot normally tell if someone has the HIV infection, but whether a person is well or unwell, they can pass the virus on. Anybody can be potentially at risk from HIV. **It's what you do that matters, not who you are.**

The major ways HIV can be transmitted are through:

- Vaginal or anal sex without a condom (the exchange of bodily fluids).
- Through infected blood.
- By sharing needles and syringes.
- From an infected mother to her baby during or after pregnancy.

HIV is **NOT** transmitted through sharing crockery/cutlery, toilet seats, towels, swimming pools, kissing, mosquito bites and shaking hands. **There is no risk of infection from everyday social contact.**

Some countries have introduced HIV testing for visitors, and some refuse entry to people who are HIV antibody positive. The requirements for each country can be checked with the relevant Embassy or High Commission.

Produced by *the network* -  
a community response to HIV in  
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**0203 672208**

Cartoons by Paul Finnegan



**A GUIDE TO  
SAFER SEX,  
THE CONDOM,  
AND YOU!**



## safe SUN, safe FUN

We all go on holiday to have a good time. To protect yourself and your partner this summer, practice safer sex. (That is, not exchanging bodily fluids which may contain infection). So, all you will take home are happy memories and a sun tan.

Using a condom can help prevent:

- ♥ Unwanted pregnancies.
- ♥ Many sexually transmitted infections.
- ♥ HIV (the virus that can lead to AIDS).

In fact, sand in your knickers need be the only thing to worry about!



**FORETHOUGHT BEFORE FOREPLAY**

## El Condom

Do you know the Turkish for condom?

Condoms aren't always easy to obtain abroad. The British kitemark is our guarantee of quality (on the outside of the pack). So make sure you take at least 3 reliable friends on holiday with you. Fill out the special leaflet in this pack to claim a packet of three, absolutely free.



- ♥ Remember to read the instructions before using a condom.
- ♥ When using a lubricant, only use a water-based one like KY.
- ♥ Oil-based lubricants like Vaseline may damage the condom.

**USING A CONDOM MEANS THE ONLY WET PATCHES WILL STAY BY THE POOL!**

## Using your imagination!

Safer sex also means choosing when you want sex, who you want it with, and the kind of sex you enjoy. You can have an orgasm in all sorts of fun ways - it doesn't just have to be during intercourse.



Talk to your partner and find out what you both want. Over a moonlit dinner let the avocado, the champagne, the strawberries and whipped cream be your inspiration!

**USE YOUR IMAGINATION AS WELL AS YOUR BITS!**