

Condoms make it safer.

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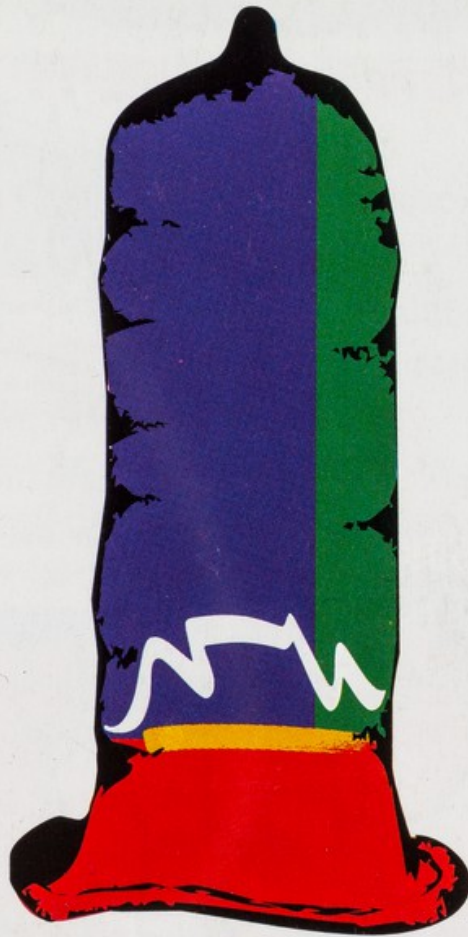
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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
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condoms
make it
safer 

CONDOMS MAKE IT SAFER.

The condom can be used to prevent pregnancy, sexually transmitted diseases (STDs) and HIV/AIDS.



Condoms give the best protection if they are used correctly every time you have sex. Share the responsibility for using condoms with your partner.

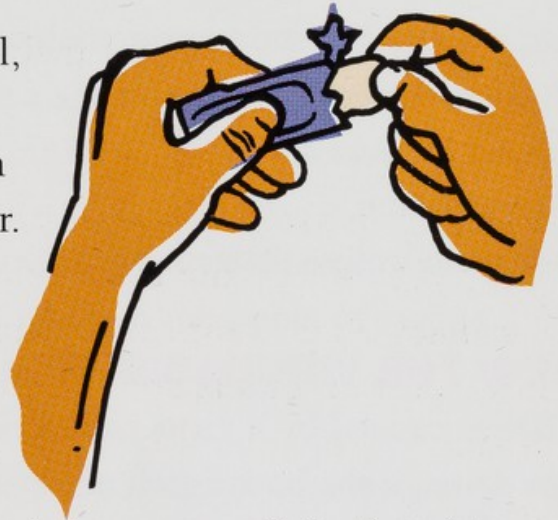


When you are ready to have sex:

- open the condom pack carefully so that the condom is not damaged;
- check that the condom will roll onto the penis correctly.

HOW TO USE A CONDOM

Condoms should always be stored in a cool, dry place. Check the expiry date of the condom on the package and carefully open the package so that the condom does not tear.

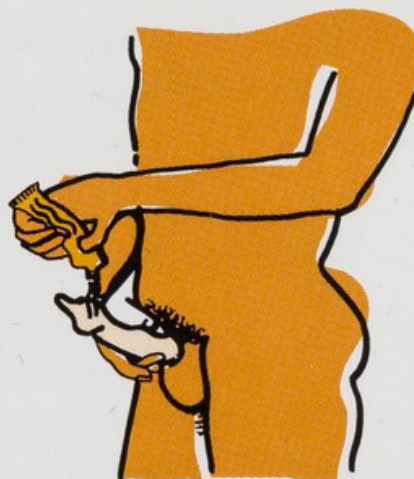


When the penis is erect, pull the foreskin back if you are not circumcised, squeeze the tip of the condom and put it on the end of the erect penis.

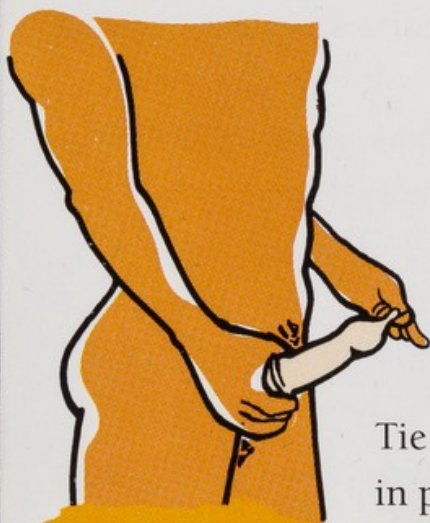
Continue squeezing the tip while unrolling the condom, until it covers the whole penis.



Use a lubricant if performing anal sex or if vaginal intercourse is painful. Make sure that the lubricant is water-based (e.g. KY jelly) or alternatively use spit, unscented aqueous cream or yoghurt. Do not use vaseline or oils such as baby oil for lubrication during sex, as these can weaken the condom and cause breakage.



After ejaculating (“cumming”), pull your penis out of your partner before it gets soft. Always hold onto the base of the condom when removing it from your penis so that no fluid leaks out.



Tie a knot in the condom and wrap it in paper so that the sperm cannot leak out. Throw it away in the rubbish bin. Do not put it in the toilet.



SEXUALLY TRANSMITTED DISEASES (STDs/'DROP')

Condoms also protect you against sexually transmitted diseases like gonorrhoea and syphilis. If you have a sexually transmitted disease, you have a much higher chance of catching HIV during sexual intercourse.

The following symptoms show that you may have a disease of some kind:

- a discharge of fluid coming from the penis or vagina which often has an unusual colour or smell;
- pain or burning when urinating;
- a pain or itch around the penis, vagina or anus;
- sores, blisters or warts on or around the penis, vagina or anus;
- painful sexual intercourse.

If you notice any of the above signs or symptoms, please go to your local clinic for a free STD service as soon as possible.

UNSAFE SEX

Vaginal intercourse without a condom.

Anal intercourse without a condom.

Ejaculation in partner's mouth. Sharing sex toys.

SAFER SEX

Vaginal or anal intercourse with a condom.

Oral sex without ejaculation.

Kissing.

Masturbation.

Non-penetrative intercourse

HOW THE VIRUS IS SPREAD

AIDS is caused by a virus called HIV (Human Immunodeficiency Virus) which can damage the body's defence system so that it cannot fight infections. You or your partner may have this virus without developing any symptoms or illness. You can feel perfectly well, but still pass on the virus.

In order for the virus to be transmitted by sexual contact, semen, blood, or vaginal fluid must pass from an infected person into the bloodstream of another person.

The virus may also pass through open cuts or sores on the surface of the skin. You cannot get HIV from mosquitoes or social contact, for example by shaking hands, sharing knives and forks, or from toilet seats.

If you have any questions about HIV/AIDS, you can phone the free 24-hour AIDS help line at **0800-012-322.**

HIV/AIDS AFFECTS US ALL!

SOUTH AFRICA [1996]