Rubber up : condoms & lubricant / produced by the Gay Men's Health Project Dublin.

#### Contributors

Gay Men's Health Project (Dublin, Ireland)

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remember to open the packet carefully to avoid damaging the condom hold the condom by the teat or closed end squeezing out the air to make room for the cum roll the condom right down your (or his) cock when its hard, use plenty of water based lubricant on the condom and up his arse check the condom is still okay while your facking hold onto the bottom of the condom so that it doesn't slip of as you pull out

using condoms and lube correctly gives a high degree of protection against HIV and other STD'S they cannot guarantee 100% protection never use a condom more than once-or if damaged or broken

### **AIDS helplines** *limerick t* (061)-316661 *belfast t* (01232)-249268 *dublin t* (01)-8724277 *cork t* (021)-276676 *galway t* (091)-566266 *letterkenny t* (074)-25500

# gay switchboards belfast t (01232)-322023

derry t (01504)-263120 cork t (021)-271087 limerick t (061)-310101 southeast t (051)-879907 dublin t (01)-8721055 galway t (091)-566134 london t (0181)-9834111

## community outreach services in ireland

for gay and bisexual men and other men who have sex with men if you would like more information on HTV/AIDS and other STD'S or any aspect of sexual health

please contact your local gay health project

the rainbow project <sub>33</sub> church lane, belfast t (01232) 319 030 AIDS help west <sub>ozanam</sub> house st augustine st, galway t (091) 566 266 gay men's health project <u>19</u> haddington road, dublin 4 t (01) 660 2189 southern gay health project <u>8</u> south main street, cork t (021) 278 745 red ribbon project <u>94</u> henry street, limerick t (061) 314 354