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**Contributors**

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**wellcome  
collection**

Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

**facts**

**rubberstuffers<sup>®</sup>**  
condoms and lubricant



## **facts**

The main way to get or pass HIV is by fucking without a condom.

Fucking without a condom and pulling out before cuming is still very risky for HIV, whether you're fucking or being fucked.

Kissing and wanking are almost totally safe.

Sucking and rimming are thought to be safe unless you have a throat infection, gonorrhoea or have bad dental problems.

If you're sucking someone off, you can make this safer by not taking cum in your mouth.

## **rubberstuffers packs**

Rubberstuffers packs always contain two strong condoms and two sachets of water-based lubricant and are hand-packed by volunteers. To volunteer call 0171 436 5353.

## **more information**

If you want more information about HIV you can call:

Body Positive Helpline  
0800 616212 (7-10pm, Sun-Fri)

London Lesbian and Gay Switchboard  
0171 837 7324 (24 hrs)

Rubberstuffers  
0171 436 5353 (10-5pm daily)

Terrence Higgins Trust Helpline  
0171 242 1010 (noon-10pm)

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RS Health Ltd  
32 Mortimer St  
London W1N 7RA

e-mail: [general@rshealth.co.uk](mailto:general@rshealth.co.uk)  
<http://www.rubberstuffers.org.uk>  
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