

Protecting yourself and your partner : Rubberstuffers condoms & lubricants / RS Health Ltd.

Contributors

RS Health

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**protecting
yourself**

**and
your partner**

rubberstuffers®
condoms and lubricant

protecting yourself and your partner

Use a stronger condom and plenty of water-based lubricant when fucking - this is the simplest way to avoid passing on HIV.

The best & safest condoms to use are ones marked extra strong - like Durex Ultra Strong, Mates Superstrong or HT Specials.

Water-based lubricant should always be used for fucking. This helps stop the condom from tearing and makes fucking more comfortable.

Oil-based lubricants (like vaseline or baby oil) should not be used for fucking. These weaken condoms severely and will make them break.

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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