

**Remember... : open the packet carefully to avoid damaging the condom ... / RS Health.**

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RS Health

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Remember...

Open the packet carefully to avoid damaging the condom.

Hold the condom by the teat or closed end,  
squeezing out air to make room for the cum.

Roll the condom right down your (or his) cock when it's hard.

Use plenty of water-based lubricant on the condom and up his arse.

Check the condom's still okay while you're fucking.

Hold onto the bottom of the condom  
so that it doesn't slip off as you pull out.



RS Health is a charity (1053655) and a company limited by guarantee (2831103)

**For information and advice about HIV/AIDS or safer sex:**

**London Lesbian & Gay Switchboard 0171 837 7324 (24 hours, MInicom)**  
**National AIDS Helpline 0800 567 123 (24 hours Free) Minicom 0800 521 361**  
**(10am-10pm Daily Free)**  
**RS Information Line 0894 80 80 99 (Calls cost 25p a minute at all times)**  
**Terrence Higgins Trust Helpline 0171 242 1010 (12pm-10pm)**  
**Body Positive Helpline 0171 373 9124 (7-10pm Daily)**  
**AIDS Treatment Project Treatment Information Line 0645 470047**

e-mail: [general@rshealth.co.uk](mailto:general@rshealth.co.uk)

Rubberstuffers 0171 436 5353

<http://www.rubberstuffers.org.uk>