

**Why not pick up when you go shopping? : Any thickness of condom can protect you and your partner from HIV / GMFA, London's Gay Men's HIV Prevention Partnership.**

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## Why not pick up when you go shopping?



Any thickness of condom can protect you and your partner from HIV. This means that you can buy suitable condoms from your local shop, chemist or petrol station, although they may not sell lube. Silicone or water-based lube can help avoid condom breakage so keep plenty at home.

We recommend that gay men use condoms with a kitemark.   
Avoid condoms with spermicidal lubricants, such as Nonoxynol 9, as they can cause irritation. Boxes of strong, regular, extra large and trim condoms are available at low prices from Freedoms. Call 020 7530 3941 or order online at [www.freedoms-shop.com](http://www.freedoms-shop.com)

### Easier to pick up – Just as safe

For more information about condoms and sex visit [www.metromate.org.uk](http://www.metromate.org.uk)

GMFA's campaigns and actions are designed, planned and executed by positive, negative and untested volunteers. To volunteer for GMFA, write, phone or e-mail: Unit 43, The Eurolink Centre, 49 Effra Road, London SW2 1BZ. 020 7738 6872. [newvol@gmfa.demon.co.uk](mailto:newvol@gmfa.demon.co.uk) Registered Charity no: 1076854  
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