

What is a C-Card? : C card is a plastic card, with which you can get free condoms from various pick-up points / Edinburgh Healthcare NHS Trust, Take Care campaign (Lothian Health Promotion Department).

Contributors

Edinburgh Health Care NHS Trust
Take Care (Health Campaign)

Publication/Creation

[approximately 1995?]

Persistent URL

<https://wellcomecollection.org/works/j5vd5au6>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



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

What is C card?



C card is a plastic card, with which you can get free condoms from various pick-up points.



How do I get a C card?



Just drop in and ask for a C card, where you see this sign.

All the information needed from you to get a C card is your date of birth and the first part of your postcode.

This information is used to attract money for the service.

Condoms available on C card

Jeans (plain) - creamy colour with nonoxynol 9 lubricant

Nu-form - pink colour with nonoxynol 9 lubricant

Durex Coloured - red/blue colour with sensitol lubricant

Gossamer - creamy colour with sensitol lubricant

Ultra Strong - creamy colour with sensitol lubricant

Allergy - opaque, with sensitol lubricant

Pick-up points are opening all the time



Phone
'the EXCHANGE'
to find your
nearest outlet



0131 229 5686

Complaints or suggestions about the C card service are always welcome. Please ring the above number, or write to: C card Service, The Spittal Street Centre, 22-24 Spittal Street, Edinburgh EH3 9DU

Present pick-up points: Brook Advisory Centre • City Youth Cafe • Contact Point • Craigroyston Health Centre • Crewe Medical Centre • Davie Street Practice • Edinburgh's Telford College • The Exchange • Family Planning • Gorebridge Health Centre • Health Help for All • Heriot Watt University • Jewel & Esk Valley College • Moray House • Napier University • Newington Surgery • Newtongrange Community Education Centre • Phil's Cafe • Queen Margaret College • St Lukes Clinic • The Advice Place • West & Wilde Bookshop • Wester Hailes Youth Programme

YOU can
get

FREE

condoms with
A C card

Condoms Can Prevent...

Cervical Cancer

Chlamydia

Gonorrhea

HIV infection

Syphilis

other Sexually
Transmitted Diseases
and PREGNANCY

What causes condoms to break

Tearing the condom when opening the foil.

Using oil based lubricants, e.g. vaseline, baby oil, suntan lotion.

Not expelling air from the condom.

Using out of date/
mistreated condoms.



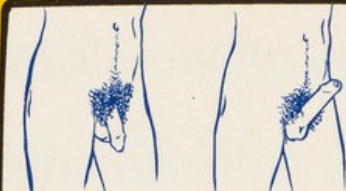
How to put a condom on...

Come safely - put the condom on well...

1



Open the packet carefully - watch those fingernails, and no teeth!



2

Put the condom on when the penis is hard, and before having intercourse.

3

Pull back the foreskin.



With one hand pinch the teat of the condom with thumb and finger go expel the air.

4

Then with the other hand, roll the condom all the way down to the base of the penis.



5

Sometimes there might not be enough natural moisture around. If you want to make things more slippery, use a water based lubricant such as **KY Jelly**. **N.B. Oils destroy rubber**, so don't use oil based products such as Vaseline, sun tan lotions and hand creams.

6

After coming, pull out the penis before it becomes soft, holding the condom firmly around the base. Slide off the condom, wrap it in a tissue and put it in the bucket.



Lubricants

Lubricants make sex more comfortable and more enjoyable.

They reduce friction on the rubber, making breakages less likely.

Some lubricants contain nonoxynol 9, which offers extra protection against pregnancy and sexually transmitted infections.

Lubricants available are:
Pearce; KY Jelly.



Sexual Health Services

Brook Advisory - tel: 0131 229 3596,

Family Planning Clinics - tel: 0131 332 7941 both offer:

Contraception and Advice; Pregnancy Testing; Help with unintended pregnancy, relationship difficulties; Emergency Contraception; HIV Testing.

GUM Clinic Royal Infirmary, men tel: 0131 536 2103,

women tel: 0131 536 2104, provides counselling, information, and testing for all sexually transmitted infections.

City Hospital - tel: 0131 536 6484, provides counselling, information and HIV Testing.

Phone any of the above services for an appointment.



Emergency Contraception

If you have had sexual intercourse...

- without using birth control
- or the condom burst/came off

then go to... Family Planning Clinic - tel: 0131 332 7941
or Brook Advisory - tel: 0131 229 3596

BEFORE 72 HOURS ARE UP.

Emergency contraception can prevent pregnancy.

Kitemark and Expiry Date

Always use condoms with a BSI kitemark, CE mark, or both. The CE mark is the new European standard for condoms.

Always check the expiry date on the condom packet - or on the foil round the condom.

