

## **What does Taking Care with sex mean for you? / Lothian Health Board.**

### **Contributors**

Lothian Health Board

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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>





## What does **TAKING CARE WITH SEX** mean for you?

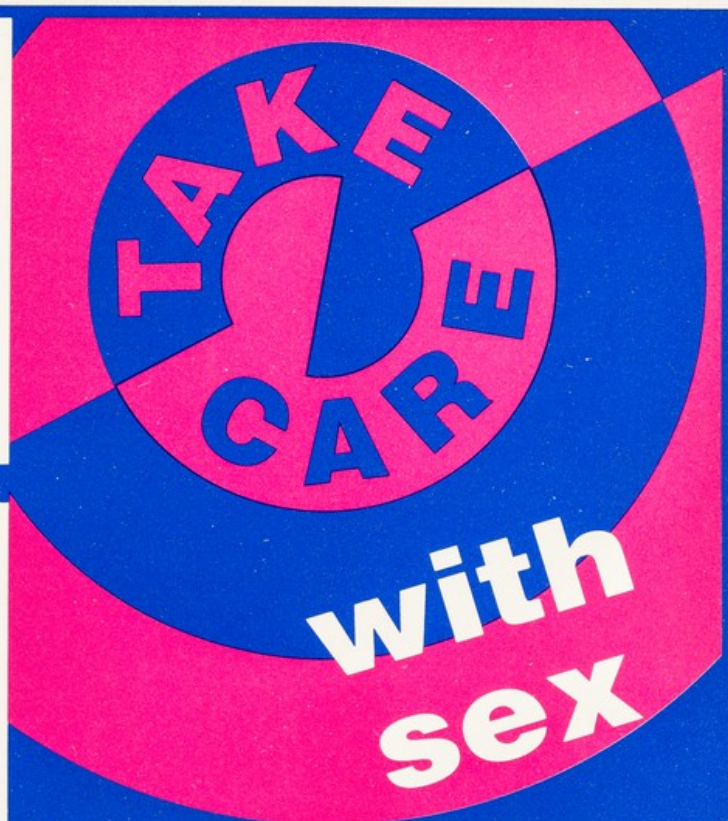
- ☐ Choosing not to have a sexual relationship?
- ☐ Choosing not to have intercourse?
- ☐ Using condoms to reduce the risk if you do have intercourse?
- ☐ Being faithful to a faithful partner?

### It's time to **TAKE CARE**

- ☒ Decide now what taking care means for you, and remember if your life changes - a new relationship begins or your present one ends - then it's time to work out again what taking care means for you.



If you have any questions or want to talk to someone you can phone the National AIDS Helpline  
Freephone 0800 567 123  
24 hours a day



**AIDS CONCERNS US ALL**