

Free condom & lube : safer fucking for gay men / supplied to you by Terrence Higgins Trust.

Contributors

Terrence Higgins Trust

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free
 condom & lube

THT Helpline: 020 7242 1010 (12 noon-10pm)

If you've never used a condom before, or not used them for a while, try practising on your own first. That way you'll feel more confident - and be better at it - when you use the condom for real. Always keep plenty of condoms close to hand. Keep them cool and watch the 'use by' date!

Lesbian & Gay Switchboard 204050 (6pm-11pm)
 Hepatitis A & B vaccinations available free
 at The Claude Nicol Clinic
 (01273) 664721



Safer fucking for gay men

Why use condoms?

HIV can be passed on when blood or semen get into the bloodstream. Wearing a condom and using plenty of water-based lubricant will reduce the risk when you fuck or get fucked.

INSTRUCTIONS



As soon as the penis gets hard, place an unrolled condom on the tip.



Squeeze out the air from the end of the condom (to make room for any cum), and unroll the condom to the base of the penis.



Use plenty of water-based lubricant such as KY. Don't use oil-based lubricant like Vaseline or Baby Oil as these can make the condom break.



After cumming, hold onto the base of the condom firmly (to stop any cum leaking), then pull out. Use each condom only once.

Some condoms are lubricated with spermicides such as Nonoxynol 9. Some people are sensitive to this. Condoms without spermicides are no less effective than those with spermicides.

Condoms can sometimes **slip off or break** try to:

Use a strong good quality condom such as one with the British Kite mark and the European CE mark

Use plenty of water based lubricant such as KY, Liquid Silk or TLC

Avoid oil based lube such as Vaseline or Baby Oil

Avoid getting lube directly on your dick or inside the condom

Check the condom now and then when you fuck

Change the condom if you have been fucking for a long time

Use a condom only once

01-03