

**Q: Which of these condoms is suitable for gay sex? A: All of them : 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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**Q: Which of these condoms is suitable for gay sex?**



**A: All of them.**

Any thickness of condom can protect you and your partner from HIV. Use loads of silicone or water-based lube and change the condom if you're having a long session.

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)

**More choice – 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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