

**Be confident, be covered : condom tips / Terrence Higgins Trust.**

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**Be confident,  
be covered.**

## **condom tips**

■  
Make sure the condoms you use  
are the best fit possible.

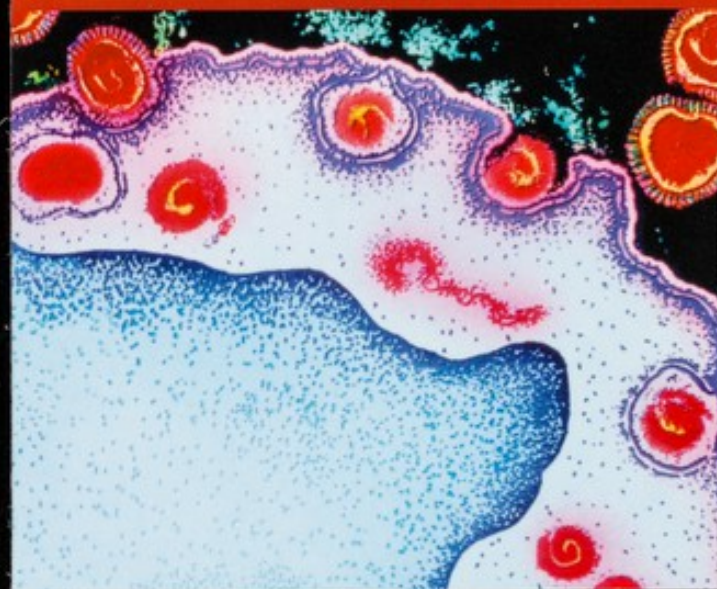
■  
Don't rip open a condom packet  
using your teeth.

■  
Always use plenty of water-  
based lube on the outside of the  
condom and on the guy's arse.

To find out how you can make  
condoms work for you, go to  
[www.chapsonline.org.uk](http://www.chapsonline.org.uk)  
get a copy of **Exposed!** or call  
**THT DIRECT** > 0845 12 21 200



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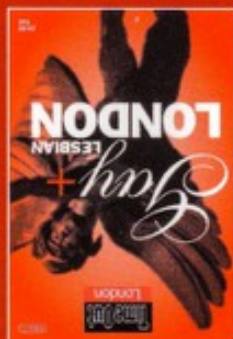


There are more gay men  
with HIV now than ever

Water-based lubes are  
safe to use on condoms

Regular condoms are no less  
likely to break than thicker ones

For a chance to win a copy of the  
**Time Out Gay & Lesbian**  
London guide email your details  
to [exposed@tlt.org.uk](mailto:exposed@tlt.org.uk)



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