The next time you think it's safe not to use a condom, will you regret it? : Be confident, be covered / Terrence Higgins Trust.

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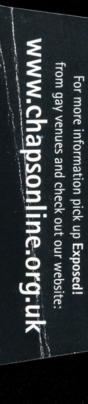
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The next time you think it's safe not to use a condom, will you regret it?

Be confident, be covered.

This pack contains: ■ Water based lube ■ Standard condom ■ Strong condom

This pack was distributed by:

# Why use a condom?

HIV can be passed on when blood or semen get into the bloodstream.

## But remember...

Condoms can sometimes slip off, or break. Check it now and then, and change it if you need to.

Getting a condom on (and off):



As soon as the penis gets hard place a rolled up condom on the tip.



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



Use plenty of waterbased lubricant such as KY jelly or Bodywise Liquid Silk on the outside of the condom. leaking), then pull



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

Low cost condoms are available at: www.freedoms-shop.com

Condom split or broken during sex? Act fast - find out about PEP. www.chapsonline.org.uk/pep

Please dispose of your litter carefully.

