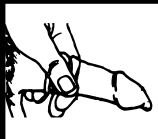
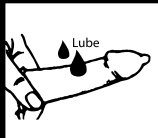
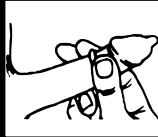
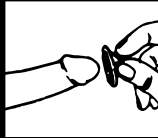
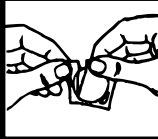


## How to use a condom

- Check the expiry date and make sure the label says it meets Australian standards.
- Store condoms in a cool place. It is not a good idea to leave condoms in a car. If you do keep condoms in your wallet or purse, make sure you replace them regularly.
- Condoms come in different sizes. Find a condom brand and size that is comfortable for you.
- Unwrap the condom from the packet but be careful not to tear the condom. Don't unroll the condom until it's on the penis.
- To roll the condom on, make sure the penis is erect. Make sure the condom is the right way up. Squeeze the teat of the condom to remove the air bubble and then roll the condom to the base of the penis. If uncircumcised, pull back the foreskin.
- Apply a water-based lubricant to the outside of the condom to increase pleasure and to reduce the risk of the condom breaking. Oil-based products will weaken the condom and lead to breakage.
- When withdrawing, make sure the penis is still erect and hold the condom so that it doesn't slip off.
- Dispose of the condom in a rubbish bin.
- Use a condom only once.
- Don't put two condoms on for strength - they may tear more easily because of friction.



Non-latex condoms are available for people with latex allergy.

If you think the condom has broken during sex pull out immediately and replace the condom.

## Where can I get condoms and lubricant?

Condoms and lubricant are available at pharmacies, many supermarkets, convenience stores and vending machines in the toilets of pubs and clubs.

### For more information contact:

Sexual Health Infoline: 1800 451 624 (free call)  
TTY: 02 9221 6515

FPA Healthline: 1300 65 88 86  
TTY: 02 9916 8360

ACON (AIDS Council of NSW): 1800 063 060 (free call)

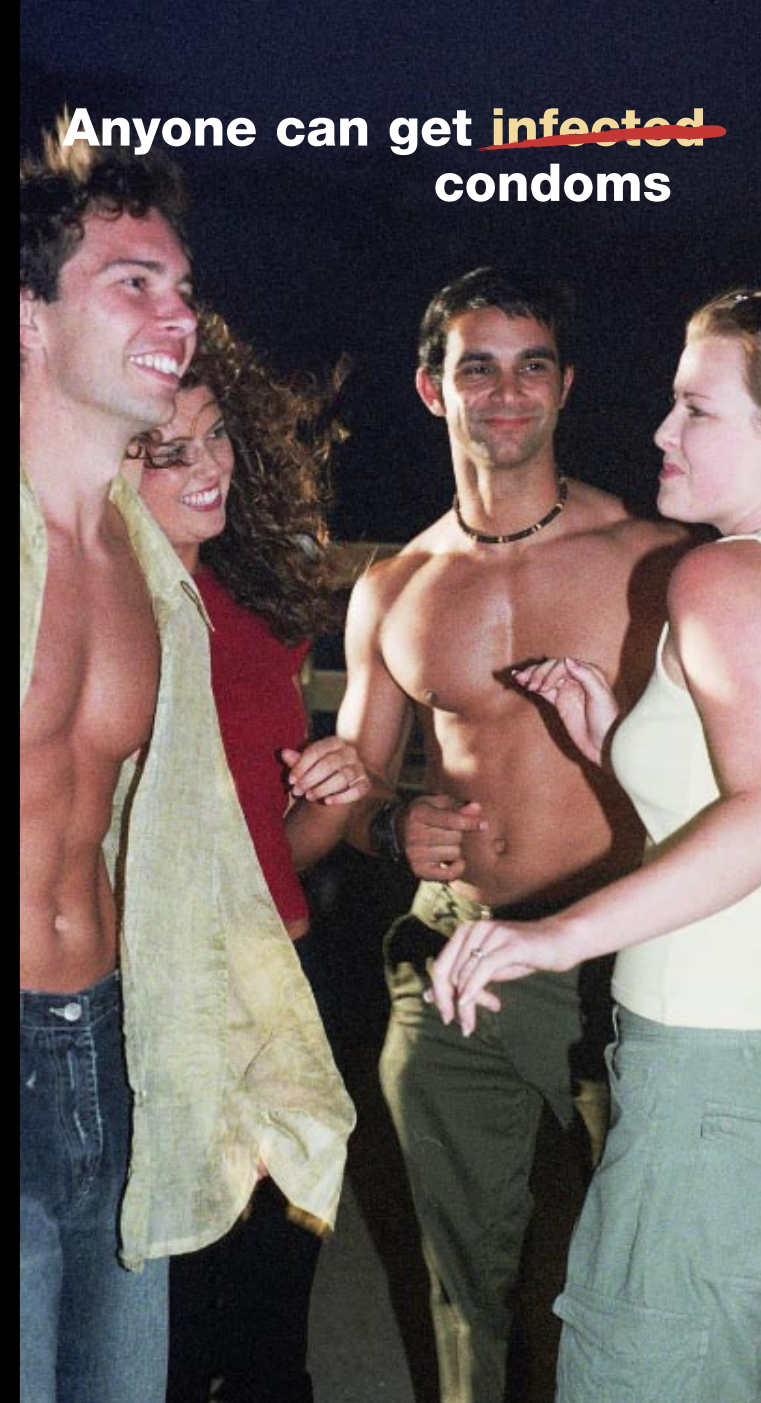
Telephone Interpreting:  
If you prefer to speak to these services using a telephone interpreter call 131 450 (for the cost of a local call).

Or go to <http://www.health.nsw.gov.au/sexualhealth> (a website with more information on STIs which includes information on safe sex in community languages).

**Safe Sex. No Regrets.**

**NSW HEALTH**

**Anyone can get ~~infected~~ condoms**



**Safe Sex. No Regrets.**



## What is safe sex?

Safe sex is using condoms and water-based lubricants as well as a range of other things you can do during sex to help reduce the risk of catching or passing on STIs (sexually transmitted infections) or HIV (Human Immunodeficiency Virus).

### Safe sex can help:

- prevent HIV;
- prevent pregnancy;
- prevent STIs.

**The most common way STIs and HIV are passed on is through vaginal or anal sex without a condom.**

## How are STIs and HIV transmitted?

- STIs and HIV are transmitted during vaginal or anal sex through blood, semen or vaginal fluids of an infected person entering the bloodstream of another person.
- STIs may also be passed on by skin-to-skin genital contact.
- Oral sex is relatively safe for HIV, however, STIs like gonorrhoea, herpes and syphilis can be transmitted by oral sex.

**Remember you can have an STI and not show any symptoms, but still pass them on to other people.**

Using condoms and water-based lubricants during sex can help prevent you catching STIs and HIV.



### Other ways to prevent catching STIs and HIV are:

- to not have sex; or
- to have sex with only one partner (and for your partner to only have sex with you) and both undertake a sexual health check-up including a HIV test early in the relationship to ensure neither of you has HIV or any STIs.

### Remember, if you do have sex:

- always use a condom and water-based lubricant
- discuss vaccination against hepatitis B with your doctor or sexual health clinic, and possibly hepatitis A depending upon your sexual practices
- have regular sexual health check-ups with your local doctor or sexual health clinic.

## Why have safe sex?

Safe sex is the best way of protecting you and your sexual partners from STIs, including HIV.

**There are very good reasons why sexually active people need to practise safe sex including the following:**

- You can't tell whether someone has an STI based on how they look, dress, behave or who they have slept with.
- Practising safe sex provides you with peace of mind.
- Thinking 'it won't happen to me' provides no protection.
- Some STIs are quite common and using condoms will reduce the risk of infection.
- People with HIV or STIs often don't know they are infected.
- Condom and water-based lubricants prevent HIV transmission.
- Safe sex protects you from unintended pregnancies.
- STIs and HIV exist in all countries and cultures and can affect anyone.

## How should I negotiate safe sex?

If you want to practise safe sex, there are a number of things you can do to make sure you stick to that decision. Know how to use a condom and make sure you have a supply of condoms always available, including when you travel overseas. Remember, be clear and firm about the reasons why you want to use a condom.

### Where to get help:

- Local doctors are listed in the telephone Yellow Pages under medical practitioners.
- Sexual health clinics are located all over NSW and are listed under 'S' in the White Pages. You can be tested for HIV and other STIs without a Medicare card. You can also request a health care interpreter to be present at appointments.

