

# I must remember that:

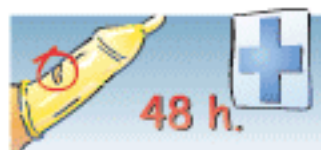
I use a condom only once.  
I use a fresh one for every  
intercourse.



I do not use bath oils,  
petroleum jelly or body cream,  
because they can break the  
condom.



I always use water-based  
lubricants or saliva.



If a condom breaks during  
intercourse, I go to a health  
center within two days.

If they do not want to use  
condoms:

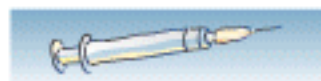
- ◆ I say I am a "safe woman",  
NOT without a condom.
- ◆ I can help him put it on  
with my mouth, as part  
of sex play.
- ◆ I use the female condom.



The use of sponges during my  
period contributes to  
transmitting vaginal infections.  
I could become ill.



If I use injection drugs, I do  
not share injection equipment  
(syringes, needles, cookers,  
filters or spoons) because I  
could get AIDS or Hepatitis.



If I were pregnant I could  
transmit AIDS to my baby  
during pregnancy or birth.  
I will see a doctor.



Through a non-hygienic tattoo,  
I could also contract AIDS or  
hepatitis.

# Addresses of interest:

**AIDS Prevention and Health Care Programme**  
Department of Health  
Generalitat de Catalunya  
Tel: 900 21 22 22

## GIRONA

ACAS  
C. Bellmirall, 4 entresol  
Tel: 972 21 92 82

## CALELLA

Projecte Carretera  
Corporació de Salut del Maresme i La Selva  
Hospital St. Jaume de Calella  
C. St. Jaume, 209-217  
Tel: 93 769 02 01 ext. 2044  
Tel: 659 90 95 97

## LLEIDA

Associació Anti Sida  
de Lleida  
C. Rambla Ferran, 22, 3r 2a  
Tel.: 973 22 12 12

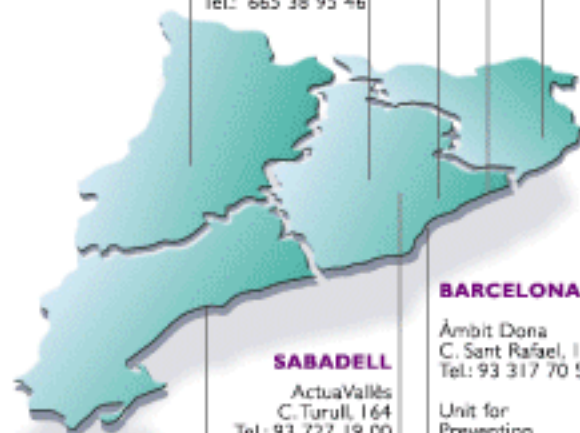
## GRANOLLERS

DONA X DONA  
Tel: 650 17 35 73

Servei Obert Fundació  
Mercè Fontanilles  
Hospital de Sta. Maria  
Av. Rovira Roure, 44  
Tel.: 973 23 63 84

## MANRESA

Associació  
La Llum del Bages  
Tel: 665 38 95 46



## BARCELONA

Àmbit Dona  
C. Sant Rafael, 16  
Tel: 93 317 70 59

Unit for  
Prevention  
and Control  
of Sexually  
Transmitted  
Infections  
Tel: 93 441 29 97

## SABADELL

ActuaVal·lès  
C. Turull, 164  
Tel: 93 727 19 00

## TERRASSA

ActuaVal·lès  
Tel: 93 731 89 93

## TARRAGONA

Unit for Prevention  
and Control of Sexually  
Transmitted Infections  
Tel.: 977 29 58 95

 [www.gencat.net/salut](http://www.gencat.net/salut)

**SIDA**  
900 212222  
Programa d'atenció i prevenció

Sanitat Respon 24 hores  
902 111 444 

# I WORK WITHOUT RISK



Generalitat de Catalunya  
Departament de Salut

# I protect myself

When I have sex with a client and I don't use condoms, I run a higher risk of becoming infected with AIDS, hepatitis and other sexually transmitted infections.

## HOW CAN I BECOME INFECTED?

Through oral, vaginal and anal sex with

**NO PROTECTION**



## HOW CAN I KNOW WHETHER I AM INFECTED WITH AIDS, HEPATITIS OR OTHER SEXUALLY TRANSMITTED INFECTIONS?

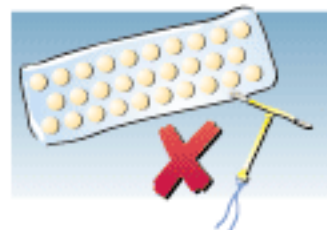
Through a blood test, in the case of AIDS, hepatitis and syphilis.

Through a gynecological exam for other sexually transmitted infections.

## HOW CAN I BE PROTECTED AGAINST THESE INFECTIONS?

I **ALWAYS** have to use condoms for oral, vaginal and anal sex.

The use of other contraceptive methods, such as the pill or IUD does not protect against these infections.



# Male condom

I open the condom package being careful not to tear the condom with my fingernails, rings, teeth, or being too rough.



I place the rolled condom over the tip of the hard (erect) penis and before any contact is made between the penis and any part of the partner's body. I pinch the air out of the tip with one hand.



With the other hand, I unroll the condom over the penis and smooth out any air bubbles.



Pull out before the penis softens, and hold the condom against the base of the penis while you pull out, so that the semen doesn't spill.



Then I tie a knot in the condom and throw it in the bin, but not down the toilet.



# The female condom

It is inserted similarly to a tampon. The inner ring is used for insertion and to help hold the sheath in place.



I squeeze the inner ring and insert the sheath into the vagina as far as it will go.



The inner ring is pushed up as far as it can go with the index finger. Make sure the condom is inserted straight, and is not twisted inside the vagina.



After intercourse I squeeze and twist the outer ring gently and then pull the condom out keeping the semen inside.



I always throw it in the bin.

The female condom should not be reused.



## I USE IT:

- ◆ When the client doesn't want to use male condoms.
- ◆ When I don't understand the clients' language and they want a quick service.
- ◆ With my steady partner.