



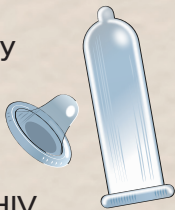
# Condoms

There is a condom for everyone and there is a condom for every body.

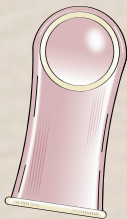


There are both **internal** and **external** condoms.

When used correctly and consistently, **external condoms** are highly effective for preventing STIs, HIV, and pregnancy. Available



in both latex and non-latex varieties, as well as assorted shapes, textures, and sizes — an external condom is a great choice for anyone to consider!



When used correctly and consistently, **internal condoms** are highly effective for preventing STIs, HIV, and pregnancy. Available in non-latex, an internal condom is a great option for receptive sex!





# HIV & STI Testing

The only way to know your HIV status is to get tested.

Knowing your status gives you powerful information to keep you and your partner healthy.

**Talk to your provider today about HIV and STI testing.**

If your test result is positive, your provider will discuss options for treatment and ways to ensure that your partner is protected.

If your test result is negative, your provider will discuss options for preventing both STIs and HIV which may include medications like PrEP or using barrier methods like condoms or dental dams.





# Making a dental dam

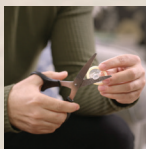
Dental dams are latex or polyurethane sheets used between the mouth and vagina or anus during oral sex.

Ready-to-use dental dams can be purchased online.

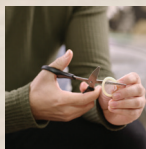
## Make your own dental dam using a condom



Open the condom from the top of the wrapper.



Cut off the tip.



Cut length-wise down one side.



Unroll and there's a dental dam!

Use a new dental dam or condom with each sex act and with every new partner, every time!





# PrEP

**PrEP will protect you from HIV, but not other STIs. PrEP can reduce the risk of HIV by more than 90%.**

When used properly, PrEP provides almost complete protection against sexually transmitted HIV infection. It can also protect against HIV infection that is transmitted through injecting drugs by more than 70%.

PrEP is great for anyone who might not consistently use condoms or other barriers, or if you aren't sure about your partner's status. However, it is still very important to use condoms to protect yourself against other STIs and unintended pregnancies.

PrEP can make sex even better. Research shows that PrEP not only protects against HIV but takes the anxiety out of sex for many people. They report that they don't have to worry about HIV every time they have sex. This added psychological benefit of PrEP may make sex even more enjoyable.

