

## THINK ABOUT IT

- Any time you have unsafe sex, you are at risk for getting HIV (the virus that causes AIDS) or other STDs (sexually transmitted diseases, such as chlamydia, gonorrhea, or syphilis). Even if you've had an STD before, you could get one the next time you have unsafe sex.
- STDs (including HIV) can be transmitted by contact with vaginal fluid, semen, blood, or open lesions or sores during vaginal, anal, or oral sex.
- If you have questions about specific STDs, contact your health care professional or call the numbers listed in the "Other Resources" section of this brochure.

Some STDs give you symptoms, but with other STDs, you can be infected and not know it. The only way to be sure is to see your health care professional and get tested. If symptoms do occur, they may include discharge from the vagina or penis, rashes, sores, bumps, or stomach pain.

*Protect yourself and your partner.*

## OTHER RESOURCES

- Kaiser Permanente Web site: [kp.org](http://kp.org)
- CDC Web site: [cdc.gov/sexualhealth](http://cdc.gov/sexualhealth)
- CDC AIDS & STD Hotline: **1-800-232-4636**
- ECP Hotline: **1-888-NOT-2-LATE (668-2528)**  
[not-2-late.com](http://not-2-late.com)
- Gay, Lesbian, Bisexual Youth Hotline: **1-800-347-8336**
- National Teen Dating Abuse Helpline: **1-866-331-9474**  
[loveisrespect.org](http://loveisrespect.org)

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.



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# POCKET PROTECTION

## Tips for a Healthy Sex Life

## TALK ABOUT IT

*The first step to safer sex is to talk about it.  
Be clear about what you will and won't do.  
Respect your partner by keeping him or her safe.*

### Condom comebacks

*If your partner says . . . You can say . . .*

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*I don't like condoms.* We can make using condoms more fun. I want to be safe.

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*You don't trust me.* It's not about trust, it's about being safe.

*Sex is natural. Keep it healthy.*

## More options for safer sex

**FC (female) or insertive condoms** are made of soft, strong polyurethane. They can be placed inside the vagina or anus before sex. Visit your local drug store to purchase FC condoms.

**Oral dams** (dental dams) are thin latex squares used during mouth-to-vagina or mouth-to-anus sex to prevent spreading HIV and other STDs. Oral dams can be hard to find in stores, but can be purchased from healthy sexuality Web sites.

## A few words about oral sex . . .

Some STDs, such as herpes, gonorrhea, and genital warts, are easily transmitted by oral sex. HIV is less likely to be passed through oral sex, but it may be possible. Using condoms and oral dams can greatly reduce your risk.

For more information, refer to the resource list on the back cover.

## What to do if a condom breaks

- If you did not use a backup method of birth control, call your health care professional right away about emergency contraception pills (ECP), such as *Plan B*, to prevent pregnancy. ECP is most effective if taken within 120 hours (5 days) of the condom breaking.
- If you think you may have been exposed to HIV, you may be a candidate for PEP (post-exposure prophylaxis). These are medications that may prevent you from becoming infected with HIV. Call Kaiser Permanente right away if you think that you may need PEP. PEP should be started within 72 hours of the condom breaking.
- Talk to your health care professional about getting tested for HIV and other STDs.
- Talk to your health care professional about a backup method of birth control if you're worried about preventing pregnancy in the future.



Store unused condoms in a cool, dry place.  
Use before expiration date.

## Condom Tips

- Do not use animal skin condoms. Only latex or polyurethane condoms protect you from HIV and other STDs.
- It is best to use condoms without nonoxynol-9. Condoms with the spermicide nonoxynol-9 have been found to increase the transmission of HIV/STDs.
- Use water-based lubrication, such as *Aqua Lube*, *Probe*, or *K-Y Liquid*. This can help prevent condoms from breaking and can also increase pleasure.
- Squeeze the tip of the rolled-up condom and place it on the head of the penis when the penis is hard.
- Hold the tip and press the air out as you unroll it completely. Air bubbles can break condoms.
- After ejaculation (cumming), hold the base of the condom and pull out while the penis is still hard. Carefully remove the condom and then throw it away. Never use a condom more than once.