



HOW TO USE A DENTAL DAM

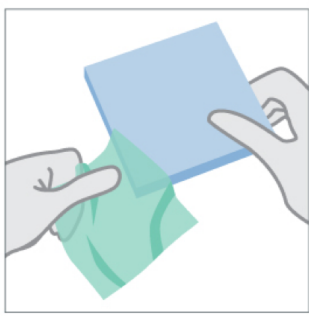
AS A BARRIER FOR STIS & BBVS IN ORAL SEX

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

Dental Dams Do's and Don'ts

- DO use a new latex or polyurethane dental dam every time you have oral sex.
- DO read the package and check the expiration date.
- DO make sure there are no tears or defects.
- DO put on before starting oral sex and keep it on until finished.
- DO use water-based or silicone-based lubricant to prevent breakage.
- DO store dental dams in a cool, dry place.
- DON'T reuse a dental dam.
- DON'T stretch a dental dam, as this can cause it to tear.
- DON'T use nonoxynol-9 (a spermicide), which can cause irritation.
- DON'T use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the dental dam to break.
- DON'T flush dental dams down the toilet as they may clog it.

How to Use a Dental Dam



Carefully open dental dam and remove from package.



Place dental dam flat to cover vaginal opening or anus.



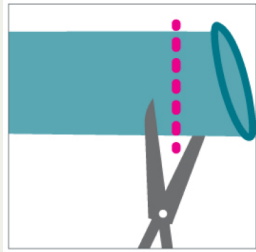
Throw away used dental dam in landfill bin.

How to Make a Dental Dam from a Condom

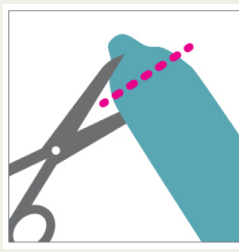
Be sure the condom is made of latex or polyurethane.



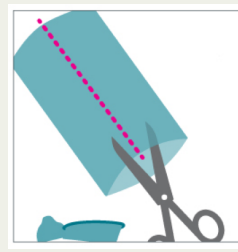
Carefully open package, remove condom, and unroll.



Cut off tip of condom.



Cut off bottom of condom.



Cut down one side of condom.



Lay flat to cover vaginal opening or anus.

Content and images adapted from the CDC

