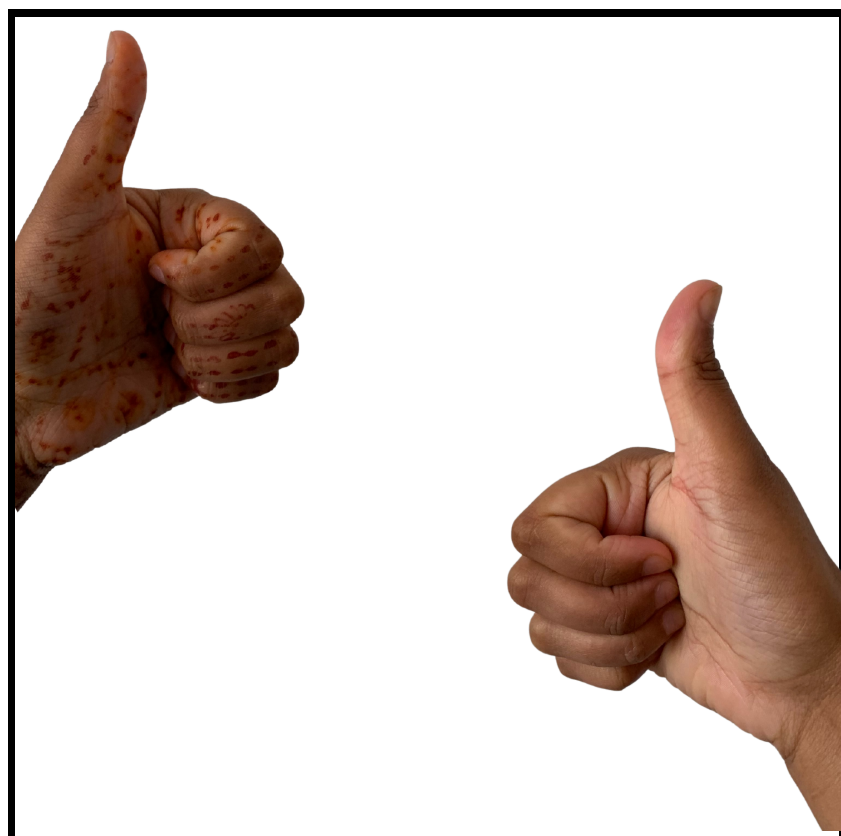


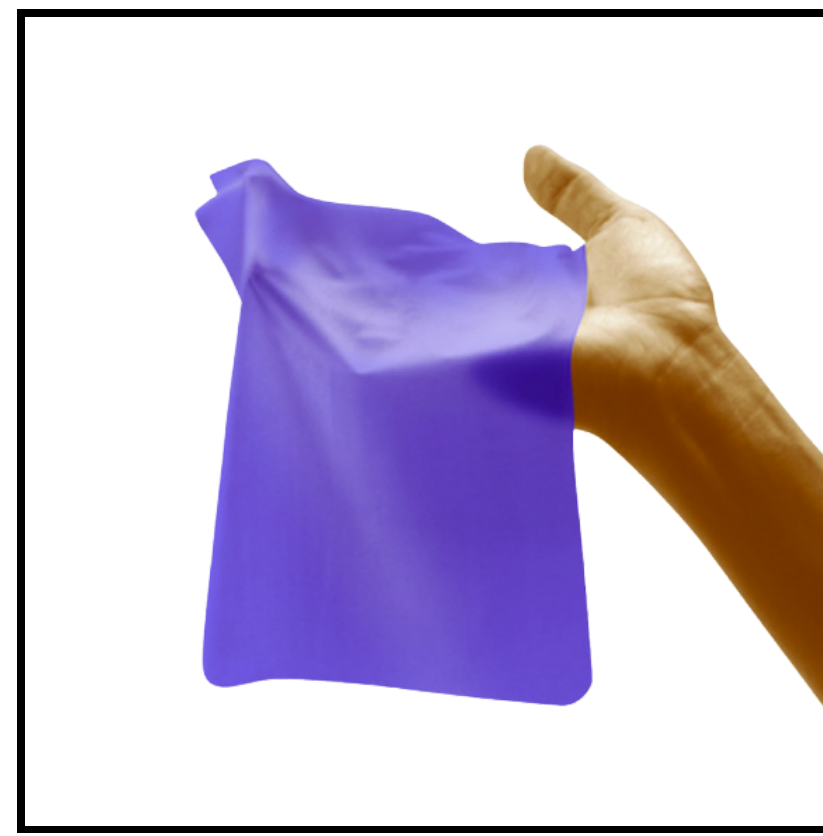
How to use a dental dam for safer sex



You and your partner both agree to have sex and use a dental dam.



Check the expiry date. Check the packet is sealed and undamaged.



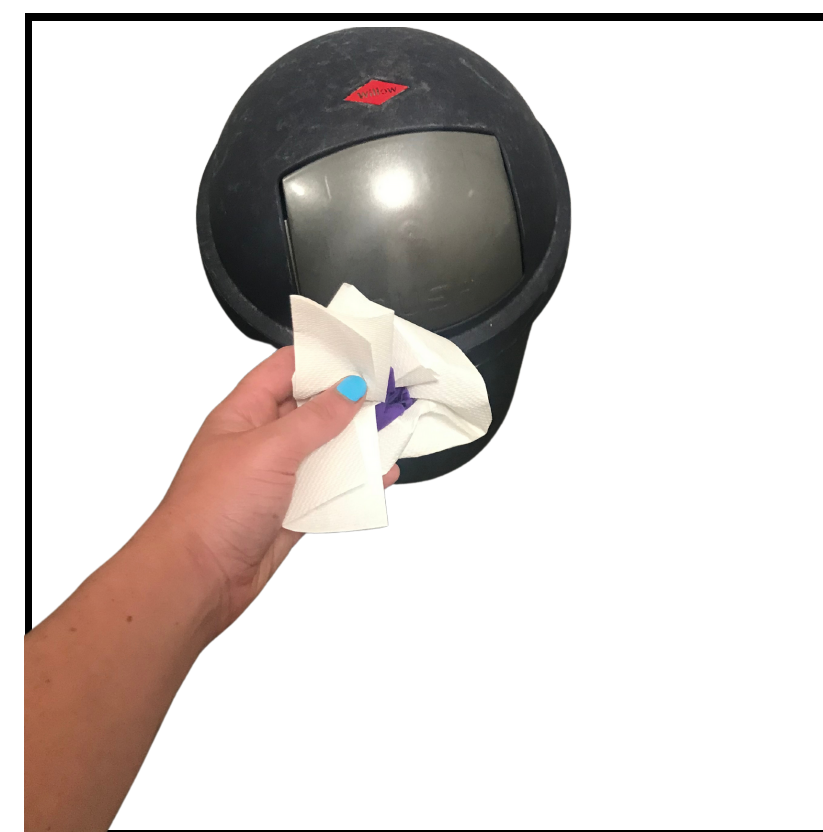
Carefully open the packet with your hands and pull the dam out.



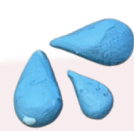
Gently stretch the dam to lay it flat over the vulva or anus.



Have sex. Hold the dam in place during oral sex.



Once finished, throw the used dam in the bin.



TIPS FOR USING DENTAL DAMS

Put the dental dam on before starting oral sex and keep it on until finished.

Use a new dental dam every time you have oral sex.

Use a new dental dam if moving from the anus to the vulva.

Do not flip the dental dam over once you've started using it.

If you want to use lube, get one that is water-based or silicone-based.

Store dental dams in a cool, dry place.