

# Why should I use a glove for safer sex?



Gloves are a single-use barrier method which helps prevent sexually transmitted infections (STIs) and blood borne viruses (BBVs).



**Some people like to use gloves when they have or their partner has visible symptoms of an STI, or if they have open wounds on their hands, genitals or another body part they are touching.**

**Some people use gloves during casual sex or before they or their partner goes for their STI screening.**

**Some people like to use gloves to be kinky, switch things up or try something new.**

**Some people use gloves just to be cautious and put them at ease, or for many other reasons!**

## Note

### **Gloves are a single use item.**

Change your glove if you are touching one person and want to touch someone else (including yourself) or you have used the glove on an anus and want to touch somewhere else.

You can purchase gloves in supermarkets and pharmacies.

