

# STI & CONDOM WEEK

(14-21 February 2022)

Barrier Methods for HIV Prevention & STI's

**Risk Assessment Tool**

## Male Condoms

- DO use a condom every time you have sex.
- DO read the package and check the expiration date.
- DO store condoms in a cool, dry place.
- DO use a water-based or silicone-based lubricant to prevent breakage.

## Female Condoms

The thin, outer ring remains outside of the body, covering the vaginal opening. Find a comfortable position. While holding outside of condom at closed-end, squeeze sides of the inner ring together with your thumb and forefinger and insert into the vagina. It is similar as inserting a tampon. Female condoms be used for anal sex.

## Lubricants

Lube is a light smooth pleasure gel and helps lubricate to give you and your partner sensual experiences. It can ease vaginal, anal dryness, and intimate discomfort. And if you're using condoms, lube also makes it less likely that it'll break or fall off, therefore increasing your protection against STIs including HIV. Just ensure you're using a water- or silicone-based lube, as other types may cause the condom to break down. And keep in mind that lube is not a contraceptive, so make sure you're using the relevant methods of preventing pregnancy!!!

## Finger Cots

A protective barrier that prevents the possible transmission from an anal/vaginal fluid into opening or scratches on or around fingernail/fingers. Scratches increase the risk of the transmission of STIs /HIV during intercourse. Exposed fingernails can also carry bacteria or STIs / chlamydia and human papillomavirus (HPV).

## Dental Dam

A dental dam is a thin, flexible piece of latex that protects against direct mouth-to-genital or mouth-to-anus contact during oral sex. This reduces your risk for sexually transmitted infections (STIs) while still allowing for clitoral or anal stimulation.

## Prep

PrEP (pre-exposure prophylaxis) is medicine people at risk for HIV take to prevent getting HIV from sex or injection drug use. When taken as prescribed, PrEP is highly effective for preventing HIV.

For More information kindly contact HIV/AIDS Unit at 031 373 2950 (HivandAids@dut.ac.za) or Contact Isolempilo Campus Clinic at 031 373 2223 (Ierat0m1@dut.ac.za )