

Does the same sized condom fit every man?

While some companies make larger-sized condoms (which some men do actually need), a standard sized condom should be large enough to accommodate most men.

What if I am or my partner is allergic to condoms?

It's the latex you are probably allergic to. If you are allergic to latex, you might get a mild genital irritation after you use one. Ask your doctor to order polyurethane condoms for you.






Are there condoms for women, too?

Yes, there is a condom designed for women. It is a soft, loose-fitting pouch that lines the vagina. It has a soft ring at each end. The ring at the closed end is folded and used to put the device inside and holds it in place. The ring on the outside is designed to guide the penis inside. Like the male condom, it takes practice to use. It is as effective as a male condom when used correctly but don't use both a male and female condom at the same time.



Can you get more pleasure and better sex with a condom?

That's up to you.

-  **Maintain a positive attitude.** Don't make using a condom a chore. Get sexy with it. Make it part of the sexual act and experiment with which partner puts it on.
-  **Spend more time on foreplay.** Most foreplay is perfectly safe, and is often as pleasurable as sex itself. Safer-sex couples who want to get the most out of every bit of lovemaking will stretch foreplay until both are near or approaching climax. Put the condom on correctly and enjoy each other. Sex after lasting foreplay will help you forget the condom is even there.
-  **Try a variety of different condoms.** Experiment with the length, thickness and features of different condoms. Some condoms come with flavoring and colors. There are even condoms that glow in the dark.
-  **Feel more secure.** Many women and men say they have better sex when they use condoms. They are able to focus on their sexual pleasure without worrying about unintended pregnancy and getting sexually transmitted infections like HIV. Some couples enjoy putting the condom on as part of their foreplay. Many men can hold their erection longer.
-  **Difficulty maintaining an erection while putting on a condom?** Don't get embarrassed, get creative! If maintaining an erection is a general problem or if a woman isn't having an orgasm, get help from a doctor or health care provider.

If you have had sex without a condom or you think your partner is unfaithful, GET TESTED.

Location of Condom Vending Machines

Name	Address	Region
University of Guyana	Turkeyen, Greater Georgetown	4
Shaiken Place	Princes Street, Wortmanville, Georgetown	4
National Cultural Centre	Mandela Ave., Georgetown	4
Dynasty Club	Aubrey Barker Rd., Georgetown	4
Cliff Anderson Sports Hall	Homestretch Ave., Georgetown	4
Gymnasium	Mandela Ave., Georgetown	4
Palm Court Yard	Main St., Georgetown	4
Gaumont	Lombard St., Georgetown	4
South Central Hotel & Bar	South Road, Georgetown	4
Le Meridien, Pegasus	Kingston, Georgetown	4
Hotel Tower	Main St., Georgetown	4
Sean's Beer Garden	Cornhill & Lombard Sts., Georgetown	4
Sherriff Restaurant/Bar	Sheriff St., Georgetown	4
C&S Restaurant & Bar	Sheriff St., Georgetown	4
Summer Point	Norton St., Lodge, Georgetown	4
Jerries Snackette	Camp St., Georgetown	4
K&VC	Croal St., Georgetown	4
NP's Creole Corner	Bent St., Georgetown	4
Guinness Bar	Joseph Pollydore St., Georgetown	4
Intersection Hangout Bar	Durban St., Georgetown	4
Love on Wax	Joseph Pollydore St., Lodge, Georgetown	4
Frontline Bar	Plaisance Line Top, East Coast Demerara	4
Phoenix Restaurant/Bar	Lusignan Public Rd., East Coast Demerara	4
Roger Harper Fan Club	Buxton Public Rd., East Coast Demerara	4
Sweet Lips	Rosignol, Berbice	5
Oasis Entertainment Centre	Republic Road, New Amsterdam, Berbice	6
Lenny's Night Station	Cumberland, East Canje, Berbice	6
Youth Centre	Port Mourant, Berbice	6
Al's Liquid Love	Second Ave., Bartica	7
Zen's Plaza	Second Ave., Bartica	7
Modern Hotel Restaurant & Bar	First Ave., Bartica	7
Region 10 Regional Office	McKenzie Car Park	10
Harris Drug Store	Durban Drive, Wismar	10
Mckenzie Sports Club	Greenheart St., McKenzie	10

For information about HIV testing, treatment and AIDS, contact your Regional Hospital or call the **AIDS HOTLINE at 223-7138**. Visit us online at www.hiv.gov.gy



Everything you need to know about Condoms
What you know could save your life.

What is AIDS?

AIDS stands for **A**cquired **I**mmune **D**eficiency **S**yndrome and is caused by a virus known as the **H**uman **I**mmunodeficiency **V**irus or **HIV**.

Acquired:

Meaning that it is a virus that a person contracts as opposed to a condition that is hereditary (passed on through genes).

Immune:

Your immune system is the part of the body that protects you from germs, viruses and bacteria and so keeps you healthy.

Deficiency:

It creates a deficiency or weakness in your immune system, causing it to malfunction.

Syndrome:

A wide range of different diseases, conditions and opportunistic infections someone with AIDS may experience.

What is HIV?

Human:

The virus can only affect humans.

Immuno-deficiency:

The virus causes the immune system to lack the required elements for it to function properly.

Virus:

The germ (micro-organism) responsible for the infection. It is extremely small and can only survive and multiply within living cells at the expense of these cells.



How do you get HIV?

- Anyone who has vaginal, oral or anal sex with an infected person can get HIV. It is spread by sexual contact involving the genitals, mouth, or rectum through contact with semen (cum), vaginal secretion and blood.
- It can be passed from a pregnant woman to her unborn child before or during delivery or through a mother's breast milk.
- It can also be contracted from sharing needles used by an infected person and sometimes through contact with an HIV positive person's blood from a cut or lesion.
- A person can be infected from a blood transfusion, but because of the extensive testing of donated blood, this rarely happens.

Can you get HIV from mosquitoes or toilets?

No. You can't get HIV from mosquitoes, toilets, sharing food, kissing, hugging or shaking hands because the virus lives for a very short time outside the body.

Can you tell if someone is infected by the way they look?

No. HIV positive people may not show any symptoms for years and can pass on the infection without knowing it. HIV can infect people regardless of their class, race, age, marital status or education.

Is there a cure?

No. At this time, there is no cure for HIV but there is treatment that can keep HIV positive people leading healthy, productive lives for a long time. The treatment used to control it is called antiretroviral drugs.

If I feel sexy but I don't want to have sex what can I do?

You can masturbate and bring yourself to climax. This is a healthy alternative to having unprotected sex.

How do I protect myself if I have sex?

Use a condom the first time and EVERY time you have sex. Condoms give protection by providing a physical barrier or shield between partners. When used correctly EVERY time, condoms are the only safe protection against HIV and other sexually transmitted infections.

Talking with your partner is important.

- Discuss using a condom.
- Decide to use it EVERY time.
- Agree to have sex ONLY with each other. The safest sex is with one partner who has sex only with you. Every time you add a new sex partner, you are being exposed to all of the sexually spread infections that all of their partners may have.

It can be difficult to convince a partner to use a condom but it is not as difficult as having HIV. Can you really trust a partner who asks you to have unsafe sex?

Sex comes with some big responsibilities. One of them is using a condom. If you aren't ready to use one....you aren't ready for sex.

Using a Condom

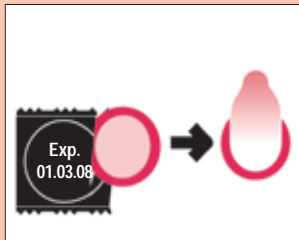
It's easy once you know how. You will feel more comfortable using one if you practice before you need it. You can learn the basics by practicing with a banana but the best practice is on the real thing. Either partner can put on a condom so women should know how to use one correctly, too. These are the steps for using a condom CORRECTLY:

- Get a latex condom. Some non-latex condoms are not effective against the spread of HIV. You can purchase latex condoms from health centers, clinics, pharmacies and some grocery stores. You can get them round-the-clock from vending machines. (A list of vending locations is included on the back of this brochure.)
- Check the expiry date on the box or package. Most condoms are good for 3-5 years if kept in a cool, dark place. Don't use it if the package is torn or damaged.
- Be prepared. If you think you might be tempted to have sex, keep condoms readily available. Keep condoms in a cool, dark place. If they get too hot, the latex can weaken and cause condoms to burst when you use them. Don't keep them in a pocket where your body heat can affect them or store them in the glove box of a car.
- When you're ready to use it, take the condom out of the package carefully and don't use your teeth, scissors or sharp nails when opening it. Make sure you can see what you're doing! A ring can cut a condom and damage it. If you think you might have put a hole in it, check it carefully before you proceed or use a new condom.
- Use only water-based lubricants like KY Jelly. If you aren't sure it's water-based ask a pharmacist. Oil-based lubricants like baby oil, Vaseline and coconut oil can weaken condoms and cause them to burst. If men want to enhance enjoyment, put a few drops of a water-based lubricant only on the tip of the penis before putting a condom on. Then it is gently massaged by the lubricant as intercourse takes place.

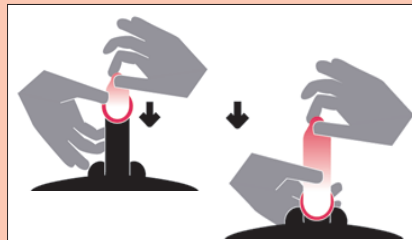
Protection against getting pregnant is another good reason to insist on using a condom.

- When you are ready to put the condom on, hold it so the rim is facing up, away from the penis. Pull the foreskin back if the penis is uncircumcised. Squeeze the tip with your fingertips to leave some extra space in the tip, and roll the rest down the length of the penis, still pinching the top. Condoms can break if the tip is not pinched to remove air bubbles which can put pressure on the condom. So, be sure the tip is not filled with air. The condom should unroll easily. If it doesn't, it is probably on backwards. Try it again or use a new condom.
- Don't use two condoms. They can rub together and break. Two are not better than one.
- After ejaculation and before the penis loses its erection, hold the base of the condom as you withdraw the penis. This will prevent the condom from slipping off and possibly leaking inside the partner. Remove it carefully from the penis, tie a knot near the base and dispose of it properly by putting it in the garbage. Do not leave it where children can find it and play with it.
- Always use a new condom each time you have sex. Never wash and re-use them.
- Protect yourself during oral and anal sex, too. For anal sex always use a well lubricated condom. To protect the penis during oral sex use an unlubricated condom (they taste better). To protect the vagina during oral sex cut an unlubricated condom down the side, open it up and hold it over the vagina to prevent the exchange of bodily fluids.

Women are twice as likely as men to become infected with HIV so it's important for women to know how a condom is used correctly and to insist on using one EVERY time.



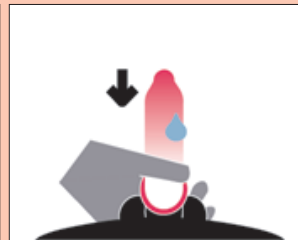
Check expiry date



Squeeze the tip before putting it on



Use water-based lubricants only



Withdraw, holding the base



Don't reuse Dispose properly