

Vaginal / anal sex

- Always use a condom for vaginal and anal sex. For anal sex, also use a (water-based) lubricant.

Oral sex

Having oral sex without a condom or licking/sucking a partner's vagina without any form of protection can result in germs being transmitted **from woman to man – or vice versa**.

- Always use a condom for oral sex.
- If you lick or suck a woman, spread a dental dam (or a condom cut lengthwise) over the vagina.

[dental dam: small latex sheet available from www.shop.aids.ch or in specialized stores]

Other sexual practices

Information on risks and protection is available (confidentially) from local AIDS organisations.

What to do if a condom tears or bursts

If a condom breaks, you are no longer protected and could become infected. And you could spread infections further – even if you don't notice any symptoms.

- Get advice as soon as possible – the next day at the latest – on what steps to take (go to an HIV outpatient clinic in a hospital or ask a local AIDS organisation).
- For the next three months, always use a condom – also and especially with your girlfriend or wife. It's your responsibility to make sure she doesn't get infected.
- Have an HIV test after three months – but get advice on the best way to go about this first.



Condom failure is almost always caused by incorrect use. Read the instructions and practise putting condoms on properly. If a condom breaks, it might help to try a different one next time – another size or extrastrong variety. Always buy condoms with the **ok** quality logo and check the expiry date. Look at www.mysize.ch to find the right size for you.

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You want to have sex?

This leaflet has been presented to you by:

If you have unprotected sex, you may become infected with a sexually transmitted disease such as HIV/AIDS, gonorrhoea, herpes, syphilis, etc.

Go to the doctor immediately if you have any of the following symptoms!

- **Discharge** from the penis (urethra) in unusual amounts or colour
- **Burning sensation** when urinating, **itching** in the urethra area
- **Swelling** and/or **pain** in the testicles
- **Sores, small blisters, ulcerations, rashes** and/or **itching** in the genital area

These complaints can be the sign of a sexually transmitted infection. If recognised in time, most of these infections can be treated effectively.

Left untreated, they can have serious consequences and also increase the risk of you becoming infected with HIV/AIDS.

These symptoms do not mean you have been infected with HIV (AIDS).

At the beginning of an HIV infection, you may notice no problems at all. The only way to tell whether you have become infected with HIV is to have an **HIV test three months after exposure**. (Warning: If you are infected, you can pass the infection on to another person during these three months.) You can get tested in large hospitals or directly in laboratories without having to give your name.

Before getting tested, always seek advice from an AIDS organisation, a hospital, a laboratory or your doctor.

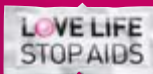
There is no cure for an HIV infection, but medication can significantly slow down the progress of the disease.

You can find more information on www.aids.ch or www.aidsmap.com or visit any local AIDS organisation. AIDS organisations also offer (confidential) advice by phone.

For (confidential) information – addresses, fact sheets, list of test centres:

Telephone 044 447 11 11

www.aids.ch / www.lovelife.ch



Every fifth man in Switzerland visits a prostitute at least once a year.

1) Come to a clear agreement

Make sure you know what you want and find out in advance how much it will cost. This will save you any trouble afterwards.

Every prostitute has her own limits and the right to say no. French kissing and kissing on the mouth, for example, are often unwelcome.

2) Always use a condom

Prostitutes have sex with very many different men. This means that there is a high risk of an infection being transferred from prostitutes to clients and from clients to prostitutes.

Sexually transmitted infections can often go unnoticed at the beginning, and prostitutes are not inspected by a government health department. Even a prostitute who looks clean and well cared for may carry a sexually transmitted infection – and she may not realise it herself.

A prostitute who offers or agrees to unprotected sex doesn't do this only with you. Make sure you use protection even if you are a regular customer and know the woman well.

3) Don't expect too much

However nice it may be, a relationship with a prostitute is not a love affair, so keep it a professional.

Sometimes, the sex may not turn out as good as you expected. If this happens, keep cool and never ask for your money back. Getting angry or starting an argument can quickly get you in trouble. Another time, with another woman, things may work out better.

4) Be a welcome customer

Don't go to a prostitute drunk! Behave fairly and decently towards her, and she'll be all the happier to serve you.

5) Leave immediately if you don't feel at ease