

Condoms...

- lower your chances of getting or passing HIV and other STIs (sexually transmitted infections).
- are effective at preventing pregnancy.

Be sure to check the expiry date.

Lube...

- helps make sex feel better.
- prevents friction and lowers the chances of the condom breaking during sex.

Be sure to use a water-based or silicone-based lube.

GET TESTED

Many STIs have no symptoms.

The only way to know for sure if you have an STI is to get tested.

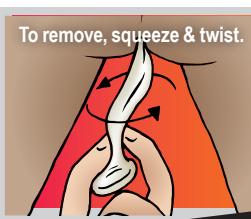
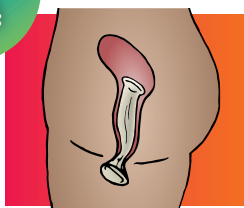
Talk to a healthcare provider about how often to test for STIs.

**INTERNAL
CONDOMS
AND LUBE**
for
Safer Sex

How To Use AN INTERNAL CONDOM



1 2
3 4



PREVENT HIV

- Use condoms to make sex safer.
- If you are HIV negative, taking PrEP can greatly lower your chances of getting HIV. Ask your doctor if PrEP is right for you.
- If you have HIV, taking treatment and keeping the virus suppressed means you won't pass HIV during sex.
- Don't share needles or other equipment to inject drugs or hormones.

Want More Info?

catie.ca • wheretocatie.ca



Canada's source for
HIV and hepatitis C
information