

4

Scene



Having sex with a condom and water-based lubricant can be very pleasurable

5

Scene

Using a condom with water-based lubricant correctly keeps you free from STI/HIV infection.



No infection = Healthy = HAPPY

Tips:

Consult a Doctor if you have:

- pain when urinating
- an open sore or ulcer
- unusual discharge
- had unprotected sex (without a condom) with someone who may be at risk of STIs/HIV

If you have any queries about STIs/HIV, please call
DSC 24 Hour Helpline
6295 2944
AIDS Hotline
1800-2521324

Or visit us at:
DSC Clinic Singapore
31 Kelantan Lane #01-16
Singapore 200031

www.dsc-sexualhealth.com.sg

Join Our Negative Lifestyle!



AFTER THE GREAT NEWS OF BEING TESTED NEGATIVE FOR STIs/HIV

What do you do Next?

A Guide to Life Knowing you are NOT infected with STIs/HIV

Negative Test Results

Congratulations! Your test results were negative. This means you are NOT infected with any STI or HIV.

Are the results accurate?

- Your results are good if you used a condom correctly every time you had sex and you did not share needles within the last 3 months.
- If you had sex without a condom or shared needles within the last 3 months, you can take another test 3 months after the exposure.
- This is because it takes 3 months for the body to produce antibodies in response to the infection.

Plan to stay STI/HIV Negative

- Remember that a test does not protect you from future infection.
- If you test negative today, unsafe sex and shared needles can give you STI/HIV tomorrow.

Living a STI/HIV Free Lifestyle

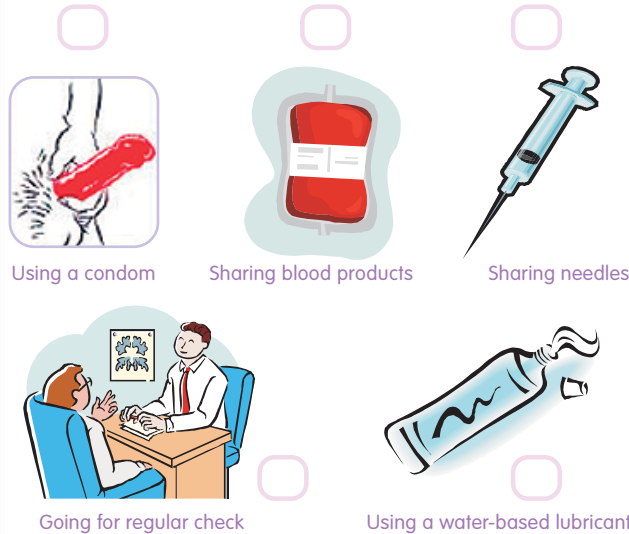
To prevent future infection, you will need to adopt a STI/HIV-free lifestyle.

- N**
- **Never reuse** a condom
 - **Never share** needles for drug use, tattooing and body-piercing
 - **Never accept** contaminated blood products and organs
 - **Never allow** blood, semen, vaginal fluids and breast milk from another to enter your body
- E**
- **Everytime you have** oral, vaginal, anal sex, use a condom correctly
 - **Everytime you have sex** use only water-based lubricants on the condom. Oil-based lubricants may damage the condom
- G**
- **Good to remember** birth control medications **DO NOT protect** against STI/HIV
 - **Good** to get **Health Check** regularly

Which pictures represent the STI/HIV negative lifestyle?

Put a tick (✓) on them.

are NOT part of the NEG lifestyle? Put a cross (X) on them.



The Right Way to Use a condom



- Put on a new condom before any kind of sex
- Hold the condom by the tip
- Unroll the condom all the way over the hard penis
- Have sex
- Hold the condom so it can't come off the penis
- Pull out

Life Like Sketch Illustration Story Board

1

Scene

Getting a **NEGATIVE** Test Result means: Having **NO** Infection.

No infection = Healthy = HAPPY



2

Scene

There are many different types and flavours of condoms to meet your needs.

3

Scene

Putting on the condom for your partner as part of foreplay can be fun and erotic.

