

## CONDOMS

- ❖ Condoms will protect you from:
  - Syphilis
  - Gonorrhea (the clap)
  - Chlamydia
  - Hepatitis B
- ❖ Condoms are not safe all of the time; they can tear or come off during sex, BUT it's much safer to use them than to use nothing.



## THINGS TO REMEMBER:

- ❖ Check the date on the condom box to make sure they have not expired.
- ❖ Condoms with nonoxynol-9 give you more protection.
- ❖ Use only latex (rubber) condoms.
- ❖ Keep condoms stored in their wrapper until needed.
- ❖ Do not keep them in wallets or pockets for months.
- ❖ Store them in a cool, dry place; heat will damage them.
- ❖ Do not use oil or petroleum jelly because they may make the condom break.
- ❖ You can get free condoms and jelly at community health centers or public health units or buy them in a drugstore.

### For more information or help, contact:

The NWT Help and AIDS Information Line:  
1-800-661-0844 for anywhere in the NWT  
920-2121 in Yellowknife

OR

Your doctor, community health center or public health unit.

# HIV NEGATIVE

## What you should know





### How do I feel?

You may feel happy and relieved you do not have a positive test.

### What does it mean if the test is negative?

- ❖ This usually means you do not have HIV in your blood.
- ❖ BUT your body may not have had time to react to the virus if you have had sex or shared needles/riggs with someone who has HIV or you are not sure if they do.
- ❖ SO you should be retested in 3 and 6 months after your last risky behavior.
- ❖ ALSO: a negative test does not necessarily mean all your sexual or needle-sharing actions in the past have been safe.

### How do I protect myself from getting HIV?

- ❖ Don't share needles or rigs. You can get sterile needles at the health centers or public health units.
- ❖ Practice safer sex.

Not having sex at all is a sure way to keep you from getting HIV in the future. If you decide to have sex, you need to protect yourself and your partners.

The more people with whom you have sex, the greater your chance of getting HIV.

Some things you do during sex are safe; others are somewhat safe; and some are unsafe.

### Safe



- ❖ Kissing
- ❖ Body licking and kissing (not on the vagina, penis or bum)
- ❖ Body rubbing (e.g. rubbing the penis or vagina on the partner's chest or breast)
- ❖ Kissing or touching your partner's nipples
- ❖ Hugging
- ❖ Massage (rubbing)
- ❖ Using you own sex toys (dildos)
- ❖ Masturbation (feeling or rubbing your penis or vagina)

### Somewhat safe:

- ❖ Anal/vaginal sex using a condom properly every time.
- ❖ Oral sex (licking, kissing, sucking the vagina) on a woman when she does not have her period.
- ❖ Oral sex (licking, kissing, sucking the penis) with a man (blowjob).
- ❖ Mutual masturbation (feeling, and rubbing each other's penis or vagina).

### Not Safe:

- ❖ Anal sex (penis enters bum) without a condom.
- ❖ Vaginal sex (penis enters the vagina) without a condom.