

## KEEP YOURSELF SAFE

### ALWAYS USE CONDOMS

- Using condoms for vaginal sex protects you from HIV, Hepatitis B and C and other sexually transmitted infections and prevents pregnancy.
- Using condoms for anal sex protects you from HIV, Hepatitis B and C and other sexually transmitted infections.
- Using condoms for oral sex protects you from HIV and sexually transmitted infections that can be caught orally.



### USE BACKUP CONTRACEPTION

#### If a condom bursts

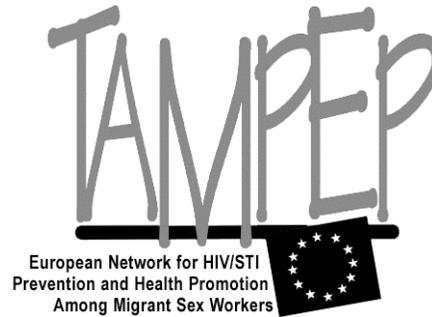
- If you have not been using **backup contraception**, get emergency contraceptive within 72 hours. You can get it from a family planning service.
- If you know your partner(s) have an infection or they have any symptoms then go for a medical check up immediately, the doctor may provide preventive treatment.
- Go for a **sexual health check up two to seven days after the condom burst.**

### GOING FOR MEDICAL CHECK UPS

- Always follow a doctor's advice regarding the risk of infection.
- If you have had a burst condom always tell the doctor about any symptoms your partner had, the doctor may be able to offer you a preventive treatment.

### LOOK AFTER YOUR BODY

- If you have a discharge, other symptoms or have abdominal pain, go for a sexual health check up.
- Don't self prescribe; get a medical check up to ensure correct treatment.
- Always complete any course of treatment prescribed by a doctor, otherwise the infection may come back.
- Go for regular sexual health check ups or when you have a condom burst or unsafe sex.



European Network for HIV/STI  
Prevention and Health Promotion  
Among Migrant Sex Workers

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For more information:

ENGLISH  
Condom bursts

**WHEN THE  
CONDOM  
BURSTS OR  
SLIPS OFF**



# CONDOM FAILURES

Condoms can SLIP OFF the penis because:

- The condom is not rolled down to the base of the penis.
- The condom is too big for the penis – you can get small condoms.
- The penis is not fully hard before the condom is put on. When you start having sex with the client, always make sure you get the penis as hard as possible before putting the condom on and having sex.
- The penis goes soft during sex.
- The sex lasts a long time or is rough.
- The penis is thicker at the base than at the head.
- The client makes the condom slip off because he wants unprotected sex.

**To avoid the possibility of the condom riding up and slipping off, and/or to stop clients trying to take the condom off, many sex workers hold the bottom of the condom at the base of the penis during sex.**

**By doing so, the condom does not ride up and slip off in the vagina and the client cannot interfere with it.**



Condoms can BURST because:

- You use an oil based lubricant such as baby oil, massage oil or hand cream.  
**Always use water-based lubricants!**
- Your vagina is dry and there is not enough lubrication – always use water-based lubricant, it can make the sex less painful as well as reducing the possibility of the condom bursting.
- They are too old.  
**Always check the use by date on the packet!**
- They have been damaged by your nails or teeth when opening the packet.  
**Always open the condom packet carefully!**
- The penis is too big for the condom – you can get extra large condoms.
- The sex lasts a long time or is rough – always use lots of water-based lubricant since it will reduce the possibility of the condom bursting.
- You use two condoms at the same time thinking it will give more protection; condoms can burst when they rub up against each other.  
**Always use only one condom and for extra protection use a stronger condom!**

If you think the condom has come off or has burst stop having sex IMMEDIATELY!

## KEEP SAFE & HEALTHY

**If a condom slips off or bursts and the client has ejaculated inside you should:**

- **Get the emergency contraceptive if you are not using backup contraception**
- **Get a sexual health check-up two to seven days later**

**...if a man has ejaculated inside you**

## VAGINAL SEX

- Try to get rid of the semen by squatting down and squeezing your vaginal muscles together to push it out.
- Wash yourself on the outside with warm water.
- DO NOT try to scrape the semen out with your fingers or anything else - this can scratch the vaginal walls and increase the risk of infection.
- If you know your partner(s) have an infection or they have any symptoms then go for a medical check up immediately, the doctor may be able to provide preventive treatment
- Go for a sexual health check up two to seven days after the burst condom

## ANAL SEX

- Try to get rid of the semen by sitting on a toilet or squatting down and squeeze out as much of the semen as possible
- Wash yourself on the outside – NEVER DOUCHE THE ANUS - this can cause cuts and abrasions in the sensitive intestinal walls that will increase the risk of infection.
- If you know your partner(s) have an infection or they have any symptoms then go for a medical check up immediately, the doctor may be able to provide preventive treatment.
- Go for a sexual health check up two to seven days after the burst condom

## ORAL SEX

- Spit the semen out
- Wash out your mouth with mouth-wash or salt water.
- DO NOT brush your teeth or use dental floss for at least an hour.
- Go for a sexual health check up two to seven days after the burst condom