

The presence of Venereal Diseases (VD) or Sexually Transmitted Diseases (STD), sores, or infections in the vagina and penis increases your chances of infection. Make sure you get proper medical help to treat you.

All cutting materials such as shavers, razors, and nail clippers must be used properly or disinfected prior to each use. Never use the same needle or syringe that someone else has already used.

Learn how to sterilize them or preferably use disposable ones. If you need a blood transfusion, be sure that the blood you are receiving has been properly screened.

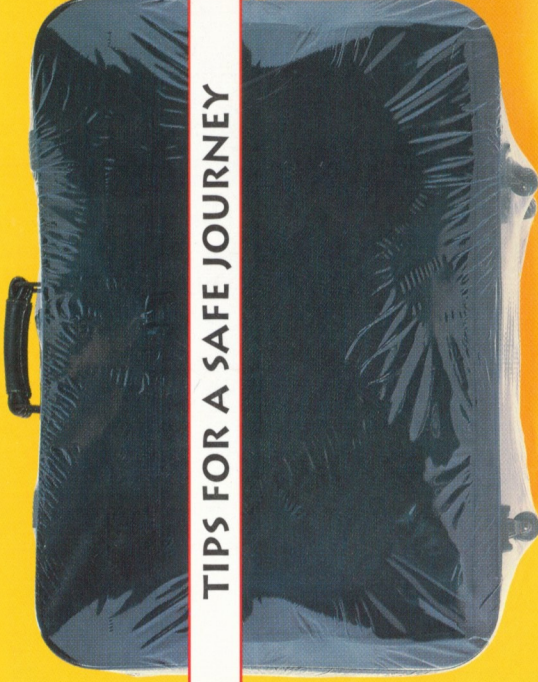
CONDOM: YOUR PASSPORT FOR A SAFE TRIP.



Ministério
da
Saúde
<http://www.aids.gov.br>



DISQUE SAÚDE
PERGUNTE AIDS
0800 61 1997



TIPS FOR A SAFE JOURNEY

IF YOU ARE TRAVELLING, ALWAYS CARRY THE FOLLOWING:

condoms;
tickets;
I.D.;
emergency phones.

INSIDE YOUR SUITCASE:

condoms;
toothbrush;
shoes and clothes;
medicines you are currently
taking.

BE WELL INFORMED ABOUT:

- the weather;
- foods;
- culture;
- prices;
- entertainment;
- AIDS.

Your concerns about Sexually Transmitted Diseases (STD) and AIDS should not prevent you from traveling to any country you want. Remember that avoiding these illnesses depends on you.

EVERYTHING YOU SHOULD KNOW ABOUT STD/AIDS

We all need to prevent them. Pay attention. Only receive blood that has already been tested. Use only disposable needles and syringes. If you use injecting drugs of any kind, never share needles and syringes.

YOU DO NOT GET AIDS:

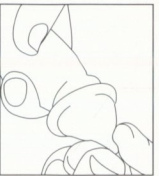
By hugging, holding hands, and social kissing;
By caressing and fondling;
Through mutual masturbation;
Through sweat, tears, saliva, or sneezing;
By sharing cups, chinaware, cutlery, sheets, and towels;
Through food prepared by persons living with HIV/AIDS;
By sharing bathrooms, sinks, or pools;
By insect bites.

HOW YOU GET AIDS

The AIDS virus, or HIV, is transmitted through sexual intercourse. This means anal sex, vaginal sex, and/or oral sex with someone who is already infected. Always use a condom. Whatever your preference, remember:

Always practice safe sex.

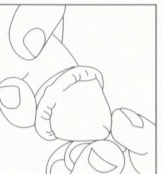
- HIV is also transmitted through blood transfusions and from products derived from blood, when contaminated by the HIV.
- Sharing needles and syringes is not safe. One of the users can be infected.
- An infected mother can transmit HIV to her child during pregnancy, childbirth, and breastfeeding.



1. Remove the condom from the package only immediately before using it.
2. Squeeze the tip to release any air. This is where the sperm will be collected after ejaculation.
3. Put on the condom while the penis is erect.

HOW TO USE A CONDOM

4. Unroll the condom going from the top to the base of the penis.



5. If you want additional lubrication, use only water-based lubricants. Do not use lubricants such as



6. After ejaculation, make sure to remove the condom while the penis is still hard. Hold the condom by the ring to avoid spilling any semen.
7. Use a new condom every time you have sex.