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# SEXUAL HEALTH HANDBOOK

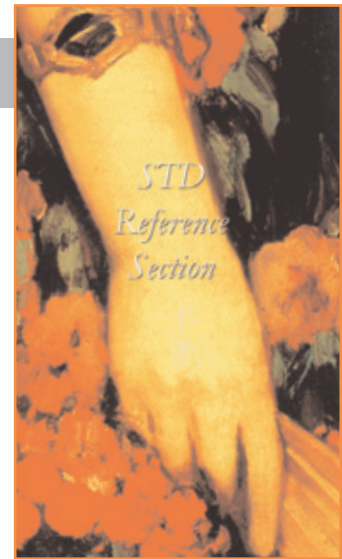
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## EXCLUSIVELY FOR SEX INDUSTRY WORKERS

The little STI handbook is back. For those of you who haven't seen it, get one! This handy little book is full of information and pictures to help you work.

For those of you who remember it well – it has new sections and comes with a soft cover. This book is an aid to inform sex workers about sexual health and sexually transmissible infections. It provides you with written information and colour pictures to give you an idea what the infections look like. This book is currently on available in English.

RhED delivers these on outreach but is happy to post them out to workers who would like their own copy or to brothel owners who like to keep a few on hand particularly for new workers. 



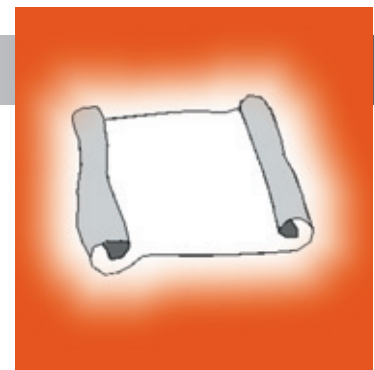
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## DAMS-WHAT ARE THEY....?

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### FRANKLY MY DEAR WE DO NEED A DAM!

- Dams are a super thin latex square used for vaginal and anal oral protection.
- Dams are covered in edible cornstarch that can be washed or licked away.
- Dams are not to be shared between people or re-used at a later date.
- Make sure you don't use the same dam between vaginal and anal oral sex as sexual infections can be transmitted.
- Don't swap sides of the dam when you are using them.
- To improve sensitivity use a little water-based lube on the body side of the dam.



Dams were originally called dental dams and were designed for dental patients to keep fragments of materials from falling into the throat during certain procedures. They are popular in the sex industry because HIV and STIs have been found to exist in the vaginal fluids and menstrual blood of infected women. It is recommended that a latex barrier be used between the mouth and the vaginal area when cunnilingus (oral-genital contact) is being performed. A dam should also be used when performing anilingus (oral-anal contact or rimming).

Place the dam over the genitals of your partner, being especially careful to cover the area of oral-genital contact. Just be sure your mouth touches only one side of the dam, and the genitals touch only the other side. You would use it the same way for rimming: mouth on one side of the latex, anus on the other. Do not use the same dam to perform cunnilingus that you use for anilingus. Use two separate dams.

The use of a barrier is especially important when the active partner has bleeding gums or some sore in or around the mouth, or when the receptive partner is menstruating. For optimum safety, since the risk is greatest during these conditions, it is preferable to abstain completely from any oral-genital contact.

Store in a dark place. Take care not to rip the dam with fingernails or bite through it hard enough to tear the latex. Always test it before use by putting it under the faucet to be sure no liquid seeps through.

Avoid stretching the latex since excessive stretching can cause the latex to become porous. Do not use oil-based lubricants with latex since the oil damages and weakens latex rubber. Although vaginal fluid ordinarily has a lower concentration of HIV or Hepatitis B than semen or blood, just how risky ingesting it remains an open question. Not using a dam exposes you to whatever risk there is. 