

If I'm no good, **ask** your sexual health service for something new. ↘

There is no medical reason not to use me. Even people with **allergies** can use condoms. ↓

People who use me feel their experience is just as **pleasurable** as people who don't. ↙

↖
I come in lots of colours, flavours and **sizes**.

I've been around for centuries. But don't worry I'm in date and **safe** to use now. →

When it comes to HIV, I make sex **10,000** times safer. ↗



↖ I'm **free** use me!

↖ I'm **easy** to carry.

I offer protection against sexually transmitted **infections**. ←

↖ I can **stop** unwanted pregnancy (if used properly).

yoursexualhealthmatters.org.uk

Booking & Information Freephone: 0800 328 3383

Self care

It's your body. Look after it.



Carry condoms



Talk about safe sex



Get tested regularly if you change sexual partners often

Pharmacy

Get condoms or contraception before sex. You can also go to your pharmacy within 48 hours if you have had unprotected sex.



Get condoms



Injection



Oral contraception



Emergency contraception

GP

Book an appointment with your GP to discuss contraception.



Implant or coil



Oral contraception



Injection



Patch

Sexual health matters online

Order tests and book appointments at www.yoursexualhealthmatters.org.uk



Order tests online for delivery to your home



Online advice



Book a face to face appointment

Sexual health services

Visit one of our free and confidential services in Derbyshire.



Walk in STI and HIV testing service



Psychosexual counselling



Pick up free condoms



Support and advice