

## How to make a dental dam

You can get sexually transmitted infections (STI) from oral sex (mouth-penis, mouth-anus or mouth-vulva contact).

It is recommended to use a latex condom, preferably non-lubricated or flavoured, as protection during mouth-penis contact (fellatio or blow job).

It is recommended to use a dental dam (a square piece of latex) for protection during mouth-anus or mouth-vulva contact. A dental dam covers the anus or vulva to avoid direct contact with the mouth.



**Dental dams are not available everywhere. Here's how to make one yourself:**

### With a condom

You'll need:

- A latex condom
- A pair of scissors



2b



3

*Unroll the condom completely.*



4a

*Using the scissors, cut off the reservoir tip at the end of the condom.*



4b



5

*Cut the condom down one side.*



6

*Once cut open, the condom looks like this.*



7



***How to use a square piece of latex made from a condom.***

## À l'aide d'un gant de latex

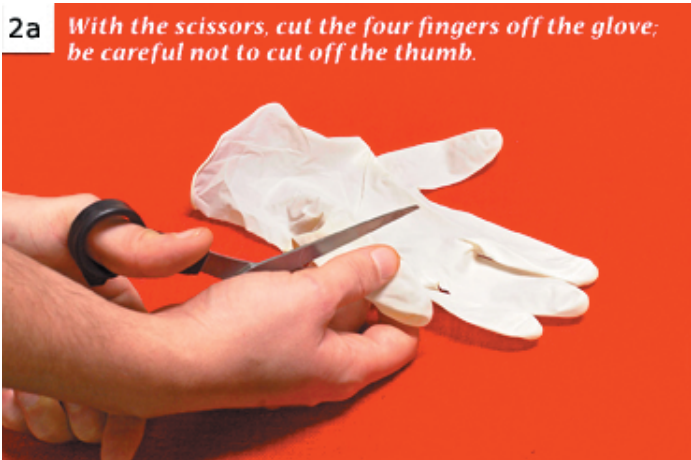
### Matériel nécessaire

- Un gant de latex
- Une paire de ciseaux

**1** *Latex glove (available in pharmacies)*



**2a** *With the scissors, cut the four fingers off the glove; be careful not to cut off the thumb.*



**2c**



**3**

*Cut the glove open lengthwise, on the side opposite the thumb.*



**5** *You can keep the fingers cut off the latex glove to use as protection when inserting a finger in the anus or vagina.*



**6**



**How to use a square piece of latex made from a latex glove.**