

INSTRUCTIONS FOR USING A DAM

During intimate contact, lesions and various body fluids can transmit the AIDS virus and other sexually transmitted infections (STIs).

When properly used, a dam may help reduce the risk of catching or spreading many STIs. However, they cannot eliminate the risk.



Lay the dam flat covering the entire vulva, both the vaginal opening and clitoris, holding the edges of the dam.

Always use a new dam if you switch between areas.

Do not dispose of the dam down the toilet, but throw it in a bin.