

IF YOU BELIEVE YOU HAVE BEEN EXPOSED TO HIV IN THE LAST 72 HOURS.

Post-exposure prophylaxis (or PEP) is a 28 day course of medication which can prevent HIV infection after a possible recent exposure.

The best place to go for PEP is a sexual health clinic. If you need PEP over the weekend, outside of clinic hours or during a public holiday go to a Hospital Emergency Department.

PEP works best when taken as soon after the exposure as possible. Side effects are mild and not experienced by many. PEP is available free of charge; however, you might have to pay a fee for hospital emergency departments.

For more information visit;
man2man.ie



BEFORE YOU GO AND WHEN YOU COME BACK CHECK IN WITH YOUR SEXUAL HEALTH CLINIC

Pride season is upon us - are you looking to make the most of the party festivities? Maybe you're planning a weekend away or a long holiday this summer?



Whatever your plans are, check in with your local sexual health clinic for a sexual health upgrade.



Your local sexual health clinic can offer you full free screening for all STIs as well as vaccinations and treatments if you need them.

To find your local clinic visit:
man2man.ie



CHECK OUT THOSE FOREIGN BODIES

Your mini guide to a Safer Sex Summer



GET YOUR **FREE VACCINATIONS - HEPATITIS A & B ARE PREVENTABLE INFECTIONS**

Are you immune to Hepatitis A & B? Recently there has been a rise in Hepatitis A infections among men who have sex with men in Ireland and Europe.

Hepatitis A virus is caught from tiny traces of faeces (poo) getting into your mouth while rimming or after sex.

Before you travel, check in with your local sexual health clinic and make sure you're immune to Hepatitis A & B. If you're not, get your **free** vaccination.

Hepatitis A & B vaccines are recommended for all men who have sex with men. You can get your free vaccine at your local STI clinic.

STOCK UP ON CONDOMS - KEEP THEM WITH YOU FOR WHEN YOU NEED THEM

When used correctly, condoms can prevent transmission of most sexually transmitted infections (STIs) including HIV.

Condoms do go out of date, so always check the expiry date on the package.

If you're having anal sex use lots of lube. Put on plenty of lube all over the outside of the condom. You should also put plenty of lube inside and around the anus. Re-apply with more lube during long periods of sex. Only use water-based or silicone-based lubes.

Free condoms and lube available across Ireland at sexual health clinics, Gay Men's Health Service, LGBT bars, clubs and saunas and from Student Unions, for a full list visit man2man.ie

FIVE SIMPLE TIPS TO KEEP EVERYTHING FRESH AND SEXY

1. **Keep** your bits clean - wash bum, groin and dick too!
2. **Use** protection for fingering, rimming and fisting.
3. **Change** condoms between anal and oral sex.
4. **Avoid** sharing sex toys. Wash them after use.
5. **Wash** your hands after sex.



**GOOD
HYGIENE**