

## What else can I do to reduce my risks?



- ▶ Be sure to keep fingernails well manicured and trimmed to reduce the risk of inflicting cuts, sores and abrasions to your partner. Manicured nails also reduce the risk of puncturing the glove and/or finger cots.



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- ▶ Gonna Make Love? Remember Your Glove ...Literally

**A Guide to Safer Penetrative Sex**

## When to use a glove or finger cots:

Gloves or finger cots should be used any time your fingers/hands are inserted into

(fingering) or are stimulating your partners vagina, anus, clitoris and/or penis .

Contrary to popular belief, fingering and manual stimulation (hand job) still carry the risk of exposure to STDs and STIs. Any person who shares bodily fluids with their sexual partner is at risk for an STD or STI. In the case of fingering, the risk of exposure comes from potential cuts, sores and abrasions coming in contact with your partner's bodily fluids.

Latex gloves or finger cots can reduce this risk.



## Advice...

**Treat Latex Gloves and Finger Cots with the same care as condoms:**

**If using lubrication** in conjunction with either Latex Gloves or Finger Cots, use only water-based lubricants. Any other type of lubricant can damage the latex, rendering them ineffective. Lubrication will help prevent chaffing.

**Check the glove/cot** for damage, tears, discoloration, and/or brittleness. If in doubt of the condition, do not use it. Get a new one instead.

**Do not switch it up.** Do not insert the same glove/cot that was used in your partners vagina into the mouth or anus. Use a new glove/cot for each area of penetration.



## Where can I get Latex Gloves and Finger Cots?

Latex Gloves and Finger Cots can be purchased at almost any drug-store, pharmacy or grocery store and are rather inexpensive.

