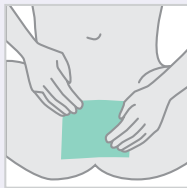


How to use an Oral Dam



Carefully open oral dam and remove from package.



Place oral dam flat to cover anal or vaginal opening.



Throw away used oral dam in trash after use.



Video: [How to use an oral dam](#)

Free STI/STD and HIV testing

Find a testing location near you at gettested.cdc.gov

Order a free self-screening kit at iwantthekit.org.

Questions about STIs or HIV?

Send your question to Ask Nurse Lisa at iknowmine.org/ask-nurse-lisa

Oral Dam Dos and Don'ts

- DO use a new oral dam every time you have oral sex. Place it before starting oral sex and keep it on until finished.
- DO use water-based or silicone-based lubricant to prevent breakage.
- DO read the package and check the expiration date.
- DO make sure there are no rips or defects. If you feel the oral dam break at any point during sexual activity, stop immediately, remove the broken oral dam and use a new one.
- DO store oral dams at room temperature.
- DON'T store oral dams in heat or freezing cold.
- DON'T reuse an oral dam.
- DON'T stretch an oral dam, this can cause tearing or breakage.
- DON'T use oil-based lubricants or products like baby oil, lotion, petroleum jelly or cooking oil. Oil-based products may cause the latex oral dam to break.
- DON'T use nonoxynol-9 (a spermicide), which can cause irritation.
- DON'T flush oral dams in the toilet, as they may clog it.



Order a free HIV self-test kit at [iknowmine.org](https://www.iknowmine.org).



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