

HIV/STI Prevention Toolkit



Engaging in **safer sex practices** (e.g., using a condom or dental dam)



PrEP (pre-exposure prophylaxis) and **PEP** (post-exposure prophylaxis) to help prevent HIV



The **HPV vaccine** to reduce your risk of getting HPV-related cancers and genital warts



Getting tested **regularly** for HIV and STIs

Tips for Using Condoms



Experiment with different condoms to find one that fits and feels right for you



Practice **talking** to your sex partners about using condoms



Practice **putting a condom on** and taking it off correctly



Use a **water-based or silicone lube** to increase pleasure and help prevent the condom from breaking

HIV & STIs: What do gbMSM need to know?

In 2019, **40%** of new HIV cases in Canadian adults were among gbMSM¹



Rates of syphilis, chlamydia, and gonorrhea have been **increasing** among men²



Sexually transmitted human papillomavirus (HPV) is a **leading** cause of oral and anal cancer among men³



Condoms Are an Important Part of Your HIV/STI Prevention Toolkit

When used consistently and correctly, **condoms**:

Are highly effective in **preventing** the sexual transmission of HIV



Reduce the risk of other STIs including syphilis, gonorrhea, chlamydia, and HPV



sieccan

Sex Information & Education Council of Canada
Conseil d'information & d'éducation sexuelles du Canada



TROJAN
BRAND CONDOMS

- ¹ Haddad N, Weeks A, Robert A, Totten S. HIV in Canada—surveillance report, 2019. Can Commun Dis Rep 2021;47(1):77–86. <https://doi.org/10.14745/ccdr.v47i01a11>
- ² Government of Canada. Notifiable Diseases Online. <https://diseases.canada.ca/notifiable/>
- ³ Center for Disease Control and Prevention. <https://www.cdc.gov/cancer/hpv/statistics/cases.htm>