



**use condoms**  
**and enjoy your freedom**

**Using condoms goes a long way towards freeing yourself and your sexual partners from the risk of catching or spreading sexually transmissible infections (STIs).**

**STIs like chlamydia, gonorrhoea, syphilis or HIV are very easy to catch through unprotected sex.**

**For more information on condoms and STIs or to have an STI test, contact your local Aboriginal Medical Service, GP or sexual health service. You can also call the NSW Sexual Health Infoline**

**1800 451 624**

or visit [www.ahmrc.org.au](http://www.ahmrc.org.au)

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