



HIV/ HCV/ STI "RISK-O-METER"



HIV/ HCV/ STI "RISK-O-METER" | 5TH EDITION | MAY2023 | GMHC.CO.UK

RIDDLE ME WITH STIS

Never use condoms for fucking or gloves for fisting
Over use recreational drugs—especially T, G and M
Share injecting equipment
Share lubricant and dildos
Always share douching equipment
Ignore pinking/ blood on your cock or hand
Brush your teeth just before oral sex
Ensure cuticles/ nails are in crap condition
Never cover cuts/ abrasions with clean plasters
Always be willing to share STIs
Don't use PrEP to protect against HIV
Don't get tested for Hepatitis C (HCV)
Avoid sexual health check-ups like the plague
Ignore your body's need for fluids, food and sleep
Live only for the moment and screw tomorrow!



THANKS BUT NO THANKS

Always use condoms when fucking and gloves for fisting
Don't use or over use recreational drugs
Always use your own injecting equipment
Don't share lubricant or share dildos
Use your own equipment or clean between use
Stop/ slow down if you see 'pinking' or blood
Don't brush your teeth just before oral sex
Ensure cuticles/ nails are clean, short and smooth
Always cover cuts/ abrasions with clean plasters
Always practice safer sex
Use PrEP to protect against HIV
Get tested for Hepatitis C (HCV)
Always go for regular sexual health check-ups
Listen and respond to your body's needs
Plan a work-play life balance—take offs and landings

TERMS AND CONDITIONS APPLY. TRANSMISSION OF HCV/ HIV/ AND/ OR OTHER SEXUALLY TRANSMITTED INFECTIONS (STI) MAY GO UP AS WELL AS DOWN DEPENDING ON RISK FACTORS INCLUDING, BUT NOT LIMITED TO, PROBLEMATIC DRUG USE, ONE'S PHYSICAL AND MENTAL HEALTH, LEVELS OF GREED, SLEEP DEPRIVATION, NUTRITION, AND GENERAL WAYWARDNESS. FOR TIPS, ADVICE AND FURTHER INFORMATION, GO TO THE 'STI' SECTION AT MENRUS.CO.UK OR SCAN THE QR CODE.