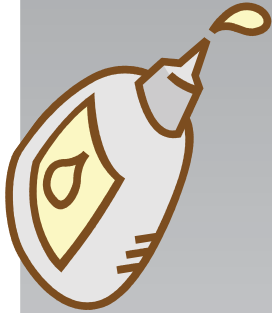


## Wetter Makes It Better

### Did You Know???



- ☆ Lube can make condom use more pleasurable for both sexual partners
- ☆ Lube can decrease pain and discomfort from dryness and friction during sex
- ☆ Lube can prevent condoms from breaking
- ☆ **LUBE Can Be Put on the inside of a Condom Before rolling it Down the Penis, and on the outside of a Condom Before having sex**

### Got LUBE?

#### VAGINAL LUBRICATION:

- ⇒ The vagina gets wet or lubricated when sexually stimulated
- ⇒ If the vagina does not get wet enough before a finger, penis, or sex toy is inserted, it can be painful or irritating
- ⇒ Lube can be put on the opening of the vagina and on the outside of a finger, penis, or sex toy before inserting into the vagina to increase pleasure during sex
- ⇒ Sometimes you need to reapply lube

#### ANAL LUBRICATION:

- ⇒ The anus does **NOT** get wet or lubricated when sexually stimulated
- ⇒ Lube should **always** be applied to the opening of the anus and on the finger, penis, or sex toy that is inserted into the anus to increase pleasure and decrease pain, friction, and tearing of the anus
- ⇒ Sometimes you need to reapply lube

### What Type of LUBE Should I Use?

- ☆ **Always use water-based lubricants with pre-lubricated latex condoms.** Common types of water-based lubes include Astroglide and K-Y Jelly
- ☆ **If you or your partner are irritated by a lubricant, stop using it and try one that does not contain parabens or glycerin. Check the labels!**
- ☆ **If you or your partner are irritated by latex condoms, try using polyurethane condoms instead**
- ☆ **Do NOT use oil-based lubricants (Baby oil, lotion, olive oil, or Vaseline) with latex condoms.** Oil-based lubricants can cause condoms to break

#### Forgot To Pick Up The LUBE?

Use plenty of saliva (spit)! It's free and always available!