

Sydney Sexual Health Centre



The Sydney Sexual Health Centre provides a free, confidential and comprehensive service that helps put you in control of your sexual health. The service supports your sexual health by providing screening, vaccination and management of sexually transmissible infections including HIV and hepatitis B, women's and men's sexual health care, education, individual and couple counselling, and needle and syringe exchange. The service offers a choice of male and female doctors, nurses and counsellors who are respectful of your lifestyle and sexuality.

NO MEDICARE CARD REQUIRED

Hours:

Monday, Tuesday, Thursday, Friday 10am-6pm

Wednesday 2pm to 6pm

Telephone: (02) 9382 7440

Sexual Health Infoline: 1800 451 624

Monday - Friday 9am to 5: 30pm

Internet:

www.sesahs.nsw.gov.au/sydhosp/SSHC.asp

NSW/ACT Sexual Health

Services

Free & confidential sexual health care

Albury	Ph: (02) 6058 1840
Armidale	Ph: (02) 6776 4738
Bourke	Ph: (02) 6872 2145
Broken Hill	Ph: (08) 8080 1556
Canberra	Ph: (02) 6244 2184
Coffs Harbour	Ph: (02) 6656 7865
Dareton	Ph: (03) 5021 7200
Dubbo	Ph: (02) 6885 1700
Forster	Ph: (02) 6555 6822
Gosford	Ph: (02) 4320 2114
Goulburn	Ph: (02) 4827 3913
Griffith	Ph: (02) 6966 9900
Katoomba	Ph: (02) 4784 6560
Kings Cross	Ph: (02) 9360 2766
Kogarah	Ph: (02) 9350 2742
Lightning Ridge	Ph: (02) 6829 1022
Lismore	Ph: (02) 6620 2980
Liverpool	Ph: (02) 9827 8022
Manly	Ph: (02) 9977 3288
Marrickville	Ph: (02) 9560 3057
Mt Druitt	Ph: (02) 9881 1733
Newcastle	Ph: (02) 4923 6909
Nowra	Ph: (02) 4423 9353
Orange	Ph: (02) 6392 8600
Parramatta	Ph: (02) 9843 3124
Penrith	Ph: (02) 4734 2507
Port Kembla	Ph: (02) 4276 2399
Queanbeyan	Ph: (02) 6298 9233
Richmond	Ph: (02) 4578 1622
St Leonards	Ph: (02) 9926 7414
Sydney City	Ph: (02) 9382 7440
Tamworth	Ph: (02) 6766 3095
Taree	Ph: (02) 6592 9421

Wagga Wagga

Ph: (02) 6938 6492

How to correctly use a condom



Open Carefully...

- Choose a brand that fits you comfortably.
- Do not use teeth to open packet. Be careful not to tear condom with nails.
- Check "use by" date.



Squeeze the tip.

- Squeeze tip of condom and unroll on to erect penis.
- Pull back foreskin before unrolling if uncircumcised.



Unroll it fully.

- Unroll condom fully to base of penis.
- Always use water-based lubricant.
- Do not use oil or Vaseline.
- During sex check condom is still in place.



Hold base... withdraw erect.

- When finished, withdraw while penis is still erect.
- Hold on to the base of the condom to make sure it comes out and to prevent contents from spilling.
- Use condom only once.