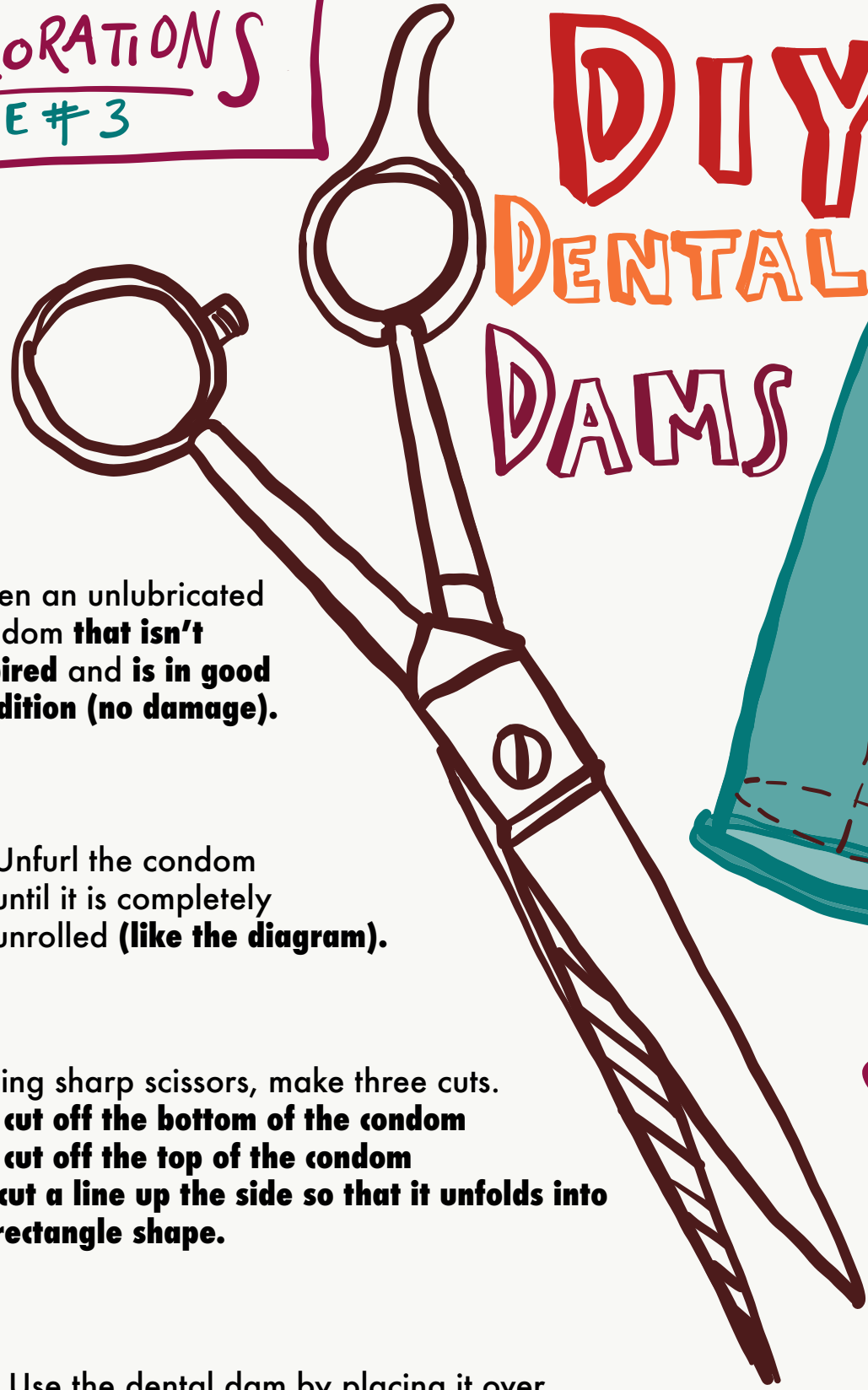


# DIY DENTAL DAMS



- 1 Open an unlubricated condom **that isn't expired and is in good condition (no damage)**.
- 2 Unfurl the condom until it is completely unrolled **(like the diagram)**.
- 3 Using sharp scissors, make three cuts.  
a) **cut off the bottom of the condom**  
b) **cut off the top of the condom**  
c) **cut a line up the side so that it unfolds into a rectangle shape.**
- 4 Use the dental dam by placing it over your partner's vulva or anus. **Make sure keep track of which side is against your partner's body and which is for your mouth.**
- 5 When you're done using your DIY Dental Dam, dispose of it in the trash! **Use a new dental dam for every sexual act.**

