

THE GOLDEN RULES FOR PUNTERS

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COME TO A CLEAR
AGREEMENT

— 2 —

DON'T EXPECT
TOO MUCH

— 3 —

BE A WELCOME
CUSTOMER

— 4 —

ALWAYS USE A CONDOM

For more information and a list of testing and
counselling services, go to:
www.don-juan.ch / www.lovelife.ch



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This leaflet has been presented to you by:

PAID SEX NEED NOT COST YOUR HEALTH

— WWW.DON-JUAN.CH —

1

COME TO A CLEAR AGREEMENT

Make sure you know what you want and find out in advance how much it will cost. Every prostitute has her own limits and the right to say no. Stick to the agreement and remain polite and friendly.

2

DON'T EXPECT TOO MUCH

It's not a love story. However nice it may be, a relationship with a prostitute needs to remain professional – it's in everyone's best interest. Sometimes, the sex may not turn out as good as you expected. Keep cool and never ask for your money back. Getting angry or starting an argument can quickly get you in trouble. Another time, with another woman, things will work out better.

3

BE A WELCOME CUSTOMER

Don't go to a prostitute drunk! Behave fairly and decently towards her, and she'll be all the happier to serve you.

4

ALWAYS USE A CONDOM

Prostitutes have sex with very many different men. This means that there is a high risk of an infection being transferred from prostitutes to clients and from clients to prostitutes.

- Always use a condom for vaginal, oral and anal sex.
- For anal sex, also use a (water-based) lubricant.
- If you lick or suck a woman, spread a dental dam (small latex sheet) over the vagina.
- Having oral sex (blow job) without a condom or licking/sucking a partner's vagina without any form of protection can result in germs being transmitted from woman to man – or vice versa.

A prostitute who offers or agrees to unprotected sex doesn't do this only with you. Make sure you use protection even if you are a regular customer and know the woman well.



- Always use condoms with the ok quality logo and check the expiry date. Go to www.mysize.ch to find the right size condom for you.
- For more information and a list of testing and counselling services, go to: www.don-juan.ch / www.lovelife.ch

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REMAIN VIGILANT

Sexually transmitted infections can often go unnoticed at the beginning, and prostitutes are not inspected by a government health department. Even a prostitute who looks clean and well cared for may carry a sexually transmitted infection – and she may not realise it herself.

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WHAT TO DO IF A CONDOM TEARS OR BURSTS

If a condom breaks, you are no longer protected and could become infected. And you could spread infections further – even if you don't notice any symptoms.

- Get advice as soon as possible – the next day at the latest – on what steps to take. www.don-juan.ch / www.lovelife.ch
- For the next three months, always use a condom – also and especially with your girlfriend or wife. It's your responsibility to make sure she doesn't get infected.
- Have an HIV test after three months – but get advice on the best way to go about this first.

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GO TO THE DOCTOR IMMEDIATELY IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS

These complaints can be the sign of a sexually transmitted infection:

- Discharge from the penis (urethra) in unusual amounts or colour
- Burning sensation when urinating, itching in the urethra area
- Swelling and/or pain in the testicles
- Sores, small blisters, ulcerations, rashes and/or itching in the genital area (penis and testicles)

You won't recognize a fresh HIV infection from symptoms. In fact, you may notice no problems at all or have symptoms that will make you think that you have the flu, such as a fever, swollen lymph nodes, sore throat etc. The only way to tell whether you have become infected with HIV is to have an HIV test. Even if you are still unaware that you are infected, HIV is extremely contagious in the early stages and you could pass the infection on to someone else.

Remember:

- Seek professional advice on protection, vaccinations, risks and tests.
- Get tested regularly if you often have unprotected sex.
- You can get tested without having to give your name.