

## SHine SA contact details

### East/West Primary Health Care Team

GP Plus Health Care Centre  
64c Woodville Road, Woodville  
Postal address: PO Box 76 Woodville SA 5011  
Tel:  
Clinic appointments:

8300 5300  
8300 5301

### Northern Primary Health Care Team

43 Peachey Road, Davoren Park  
Postal address: PO Box 719 Davoren Park SA 5113  
Tel:

8256 0700

### Southern Primary Health Care Team

19-23 Beach Road, Christies Beach  
Postal address: PO Box 330 Christies Beach SA 5165  
Tel:

8186 8600

### Workforce Development & Resources

64c Woodville Road, Woodville  
Postal address: PO Box 76 Woodville SA 5011  
Tel:  
Email:

8300 5317

SHineSACourses@health.sa.gov.au

### Library & Resource Centre

64c Woodville Road, Woodville  
Postal address: PO Box 76 Woodville SA 5011  
Tel:  
Email:

8300 5312

SHineSALibrary@health.sa.gov.au

### Sexual Healthline

Available 9 am – 1 pm, Monday – Friday  
Tel:  
Country callers (toll free):  
Email:

1300 883 793

1800 188 171

sexualhealthhotline@health.sa.gov.au

### Website

[www.shinesa.org.au](http://www.shinesa.org.au)

National Relay Service: [www.relayservice.com.au](http://www.relayservice.com.au)  
133 677 (TTY/Voice) 1300 555 727 (Speak & Listen)

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SHine SA pamphlets are regularly reviewed and updated.  
To download the most recent version visit [www.shinesa.org.au](http://www.shinesa.org.au)

# Dams



safety, pleasure, respect

## What is a dam?

A dam is a silky thin sheet of latex, 25 cm x 15 cm, used by both women and men when having oral sex to reduce the risk of catching and spreading sexually transmitted infections (STIs).

## What is oral sex?

Oral sex is skin-to-skin contact by using the mouth to your partner's labia, vagina, penis or anus (commonly referred to as licking, sucking, 'going down', or 'giving head').

## What is safer oral sex?

Safer oral sex is the method of keeping body fluids away from the mouth by placing a dam (barrier) over the intended area to reduce the risk of STIs. Body fluids are vaginal secretions, saliva, blood, semen (cum), urine or faeces.

## What infections can be spread orally?

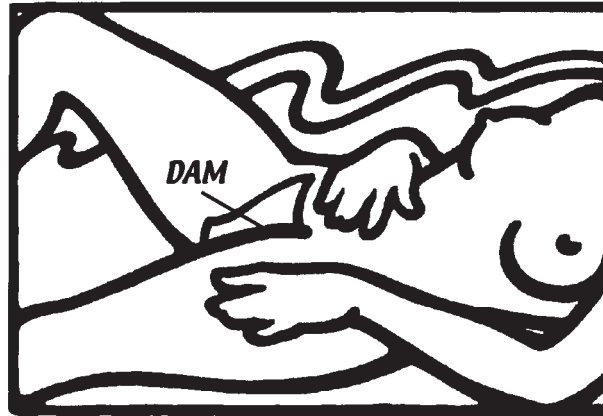
Viral infections such as cold sores (herpes simplex) are easily spread via the mouth. Bacteria living in the rectum or anus can also cause infections if able to be spread to the vagina.

## How to use dams

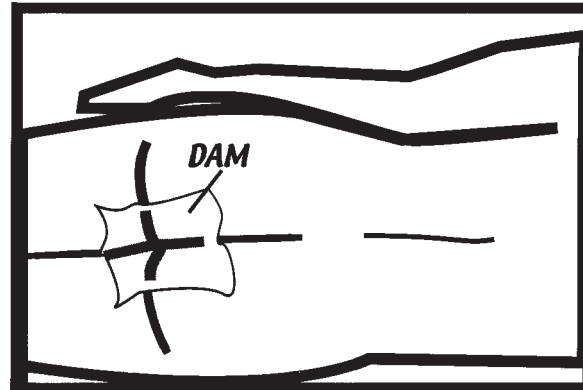
- Remove the dam from the sealed plastic bag.
- Check if the dam is damaged. Hold it up to the light and look for any holes. If there are any holes do not use the dam.
- Place the dam on the entire vulva (both the vaginal opening and clitoris) and/or anus before oral sex.
- Keep it at its natural size for best sensitivity.
- A harness can be used which holds the dam in place leaving the hands free.

- A water-based lubricant can be used to increase sensitivity. Spread the lubricant onto the body and then put the dam in position.
- Always use a new dam if you switch between areas (anal area to vulval area).
- Dispose of the dam after single use by placing it in the resealable bag and putting it in the bin.

Placing the dam over the vulva.



Placing the dam over the anus.



## Remember ...

- Keep the dam in a cool, dry place and away from direct sunlight.
- Don't keep the dam in a wallet or glove box of a car unless to be used that day.
- Use only water-based lube, such as KY-Jelly, Glyde Ultra, or Wet Stuff.
- Don't use oil-based products such as baby oil or vaseline as this can damage the dam.
- Always use a new dam if you switch between oral/vaginal and oral/anal sex.
- Do not share dams.
- Check whether you or your partner may be allergic to latex.

If you don't have a dam you can use a condom which will need to be cut. To do this, take a condom out of the wrapper and cut it to the centre while it is still rolled up. Unroll it and lay it flat.

When you use safer sex you increase protection of yourself and partner/s from sexually transmitted infections including HIV.

## Places you can purchase dams

### SA Sex Industry Network (SA SIN)

The Safe Sex Shop at SA SIN has a large range of safe sex products, including condoms, lubricants and hard to access items such as the female condom and dams for safer oral sex. Visit the shop at 64 Fullarton Road Norwood (Gray Street entrance) or phone 8334 1666.

### Online

Dams can also be purchased through the internet.