



# Latex Squares

## *Reduce the risk of STI transmission during oral sex ...*

Latex squares (also called “dental dams”) are stretchable latex squares — flavored like mint, vanilla, or berry — used to prevent the transmission of viruses and bacteria during oral sex.

Using a square not only helps prevent the transmission of STIs (such as herpes), but can also introduce new and pleasurable textures/sensations for the partner being stimulated.

### **How to use them**

- Use a new square for each act of cunnilingus (oral stimulation of the clitoris/vulva) and/or anilingus (oral stimulation of the anus).
- Add water-based or silicone-based lubricant beneath the square (on top of your partner’s body) to increase pleasurable sensations and reduce chance of latex breakage.
- Cover the area of the body being stimulated and hold the square in place throughout oral sex.
- Toss used squares in the trash (don’t flush!)

### **Sensitive to latex?**

You can still practice safer oral sex. Consider using polyurethane squares (or cut a polyurethane condom from the tip to the base). Alternatively, use a square of plastic wrap (e.g., saran wrap). Consider adding your own flavor (drops of honey perhaps), as these alternative wraps do not come “flavored.”

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