What else can I do to reduce my risks?

- Be sure to keep fingernails well manicured and trimmed to reduce the risk of inflicting cuts, sores and abrasions to your partner.
- Manicured nails also reduce the risk of puncturing the glove and/or finger cots.

Gonna Make Love? Remember Your Glove ...Literally

A Guide to Safer Penetrative Sex

Kennesaw State University
GLBTI Q
Resource Center

Student Center, Room 164
Phone: 770-794-7926
Email: glbtiq@kennesaw.edu
Web: www.kennesaw.edu/stu_dev/glbtiq
Advice...

Treat Latex Gloves and Finger Cots with the same care as condoms:

If using lubrication in conjunction with either Latex Gloves or Finger Cots, use only water-based lubricants. Any other type of lubricant can damage the latex, rendering them ineffective. Lubrication will help prevent chaffing.

Check the glove/cot for damage, tears, discoloration, and/or brittleness. If in doubt of the condition, do not use it. Get a new one instead.

Do not switch it up. Do not insert the same glove/cot that was used in your partner’s vagina into the mouth or anus. Use a new glove/cot for each area of penetration.

Where can I get Latex Gloves and Finger Cots?

Latex Gloves and Finger Cots can be purchased at almost any drug-store, pharmacy or grocery store and are rather inexpensive.