

Free Condoms by post is available for people living in Fife and are over the age of 16.

We can send **free condoms direct by post** to your home confidentially in a plain unmarked envelope. The pack will contain **12 condoms and some water-based lubricant** & should arrive within 10 days

### **What do you need to do?**

Email us at **[fife-uhb.condomdistribution@nhs.net](mailto:fife-uhb.condomdistribution@nhs.net)**

### **What you need to tell us**

Your name, address & postcode

### **Please tell us if you have a latex allergy!**

Used correctly and consistently condoms help prevent HIV & reduce the risk of sexually transmitted infections and pregnancy.

If a condom bursts, comes off or you do not use one you may be eligible for EMERGENCY CONTRACEPTION if you are at risk of pregnancy.