


## Protection Methods Chart Continued

Type of Method	Method Description	How Well Does it Work?*	Where can you get the method?	Benefits (Pros)	Possible Side Effects (Cons) <u>(not all are listed)</u>
<b>Dental Dam</b> 	The dental dam is a thin layer of latex, plastic, or polyurethane that acts as a barrier between partners when placed over the vulva (outside of vagina) or anus during oral sex. Can also use non-microwavable saran wrap or a condom cut in half. A new dental dam must be used each time.	This device is used for oral sex only. Protects against HIV and other STIs.	Drugstores, doctor's offices, health centers & condom shops. Saran wrap at supermarkets.	Protects against HIV and other STIs.	May irritate someone with a latex allergy. Dental dam may slip out of place if not held around the area receiving oral sex.

Planned Parenthood League of Massachusetts Education and Training ([www.pplm.org](http://www.pplm.org)). Please call PPLM's Sexual Health Counseling and Referral Hotline for additional information and the most up-to-date prices: (877) 686-5772 option #3  
 \* 2012 Parenthood Federation of America, Inc. "Your Contraceptive Choices" *Birth Control Series* Updated 06/2014