

**READY!**  
**TO PROVIDE  
THE RIGHT  
ADVICE.**

What HCPs  
now need to know  
about safer sex.

# APPROPRIATE PROTECTION IS AS INDIVIDUAL AS SEXUALITY.

For many years, the condom – offering protection against HIV – has symbolised safer sex among the general public. Today, safer sex encompasses protection against HIV, HBV, HCV and sexually transmitted infections (STIs). So instead of the simple condom rule, the new recommendation is: “Do your personal safer sex check”. This provides users with personalised recommendations on protection and testing.

## IN BRIEF

### **Safer sex is becoming more complex**

Today, safer sex includes both HIV prevention and protection against hepatitis B, other STIs and hepatitis C. The LOVE LIFE campaign is therefore incorporating personal protection and testing recommendations, along with the use of condoms as an important means of prevention.

### **Safer sex check**

In addition to personal counselling by experts, the safer sex check is the best possible preparation for a sexual encounter. The personal recommendations provided help to strengthen risk awareness.

### **Protection and testing**

Advice should cover all the suitable protection measures available – including, for example, vaccinations, HIV pre-exposure prophylaxis (PrEP) and testing.

### **Vision of the new national programme (NAPS)**

By 2030, transmission of HIV and the hepatitis B and C viruses is to be eliminated in Switzerland, and the incidence of STIs is to be reduced. This initiative will help to improve sexual health.

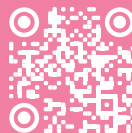
## Key role of HCPs

For advice, testing and therapeutic guidance, people rely on your expert support and social competencies. Show them the safer sex check, too, at [lovelife.ch](https://lovelife.ch). This enables users to independently obtain personalised protection recommendations at any time – in line with the message of the new communication campaign “Ready!”.

## Why are the safer sex rules being adapted?

The LOVE LIFE campaign now refers to “recommendations” instead of “rules”. The background: the main emphasis used to be on protection against HIV. But safer sex now encompasses protection against HIV, HBV, HCV and STIs. Using a condom can therefore still be the most suitable HIV protection strategy – but not necessarily. And a one-size-fits-all safer sex recommendation no longer reflects the complexity of today’s world. What is needed are individual protection and testing strategies.

Further information for HCPs are available at: [bag.admin.ch/hiv-sti-en](https://bag.admin.ch/hiv-sti-en) and [lovelife.ch](https://lovelife.ch)



Materials from the latest LOVE LIFE campaign are available at: [lovelife.ch/en/publications](https://lovelife.ch/en/publications)