

On the street

- Always work in sight of your colleagues if possible and agree on alarm signals.
- Always carry a personal attack alarm and use it if you are in trouble.
- Always check the vehicle before you get in. If there is any item which seems threatening to you, ask the client to lock it in the boot before you enter the car - if he refuses don't go with him. All this should be done in the presence of your colleagues.
- Choose working places which are well illuminated, and not isolated.
- If possible, always work in the same place and make sure you know the area well and possible escape routes.
- It should be **your** choice where you take your client(s), not theirs.
- The place you choose should not be too isolated or far from your colleagues, so that they can watch out for you. Look out for your colleagues and they can look out for you.

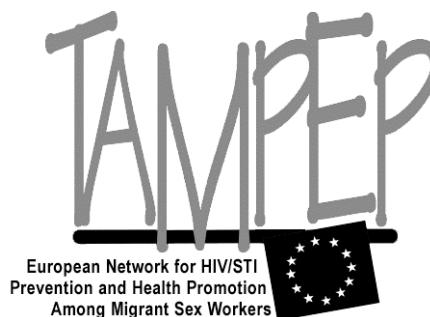


Try to get the description of the person/s who attacked, robbed or abused you, a description of any vehicle involved and its number.

Try to also note the exact time and place it happened. This is important in order to pass the information to your colleagues, so they can be safer and the police to catch the criminal and get him punished, so he doesn't repeat it.

Advice on dressing

- Avoid long or hopped pierced earrings. Use small ones or clip-on that can come off easily.
- Do not wear a scarf or tie round your neck, as it can be used as weapon against you.
- Do not wear a long hairstyle at work. If your hair is long, wear it up or cover it with a wig that comes off easily if pulled.
- Do not carry a bag around your neck but on your shoulder when going to work.
- Avoid long tight skirts at work. It is difficult to run away from danger quickly if one is wearing such a skirt.
- Do not wear thick necklaces at work. If you wear a necklace, make sure it will break or come off easily.
- Do not wear high heeled shoes at work because you cannot run fast in these shoes. If you must wear them, make sure you can remove them easily.
- Do not wear expensive clothes or jewellery as you may be attacked by thieves who will want to steal them from you.
- And remember: do not go out to work without a whistle and/ or personal alarm and use them if you get in trouble.



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For more information:

**PROTECT
YOURSELF**

**ADVICE ON WORK AND
PERSONAL SECURITY**



ABOUT YOUR WORK

CONDOMS

- Use a different condom and lubricant for different occasions;
- Use strong condoms and lots of lubricant for anal sex.
- Use flavoured condoms for oral sex: it hides the taste and smell of latex.
- Use a black or dark condom if you are menstruating, it hides any leaks
- Use a new condom every time you have sex.

Reasons why a condom can break

- The expiration date is exceeded.
- The condom was not stored properly (for example near the heating)
- It is not put on properly (there should be no air at the tip of condom)
- There was not enough lubricant
- The sexual act lasts a particularly long time or was particularly rough

What to do when a condom breaks

Try to get rid of the semen by squatting down and squeezing to push it out. Wash yourself on the outside with warm water. DO NOT try to scrape the semen out with your fingers or anything else. If you know your partner(s) have an infection or they have any symptoms then go for a sexual health check up immediately, the doctor may be able to provide preventive treatment. Go for a sexual health check up two to seven days after the burst condom. If you have not been using backup contraception, get the emergency contraceptive pill within 72 hours.

SEXUAL CONTACT

Sexual contact does not only mean vaginal, oral and anal intercourse. Rimming and fingering are also forms of sexual contact and you have to protect yourself. The client can have syphilis, Chlamydia or gonorrhoea in his throat and herpes on his mouth and can give them to you. Therefore, during rimming use a latex sheet (you can buy them in sex shops) and for fingering use a latex glove or condom.

LUBRICANTS

Lubricants help reduce discomfort and reduce the risk of condom bursts particularly when you are dry. Only use water based lubricants. Never use baby oil, Vaseline, soap, foods with oil, etc they can cause the condom to burst.

SPONGE

If you have to work during menstruation, you can use a sponge. It absorbs blood whilst allowing you to continue working. You can rinse the sponge after every client if you are heavy. Throw it away at the end of the working day. Some women have problems getting the sponge out because it gets tucked up behind the cervix. If this happens try soaking in a bath or squatting while aiming a shower head at your vagina. Filling the vagina with water helps to dislodge the sponge. If these methods fail, go to the doctor who will take the sponge out. Remember: never

keep the sponge in the vagina for longer than a twelve hours, otherwise infections may develop.

VAGINAL DOUCHE

Some women believe that lubricants leave a residue in their vagina or feel unclean so they douche. The vagina naturally cleans itself so there is no need to douche to cleanse it. If you choose to use a douche for cleansing only use clean water – once a month is enough and never add any cleanser or irritating substance. If you use a douche when you have had a burst condom then there are special douches but do not use them too often: it will destroy the natural balance of the vagina.

CONTRACEPTION

If you do not want to get pregnant by a client, you should always use a backup contraception in addition to condoms. Condoms can break so you have to be protected from unwanted pregnancy. See the TAMPEP contraceptives and pregnancy leaflet for the different contraceptives available and always discuss which is most suitable for you with a doctor. Each person is different so what is best for you may not be best for your colleagues. Today's pills do not have many side effects such as weight gain or headaches. If you experience side effects, consult a doctor about changing contraceptive.

Some women find that their menstruation is more regular, shorter, lighter and less painful with hormonal contraceptives.

DISEASES

Chlamydia, gonorrhoea, genital warts, herpes, syphilis, hepatitis B and HIV are the most serious STIs. Some of them (for example Chlamydia) might not have symptoms or they are so slight that you don't notice them. Sometimes symptoms can take weeks, months or even years to appear. If STIs are not treated there can be serious consequences: untreated Chlamydia can lead to infertility. Also if you have an STI you are more at risk of HIV infection.

GOING TO A DOCTOR

Always go for a sexual health check if you have a condom burst or have unsafe sex. Some sex workers go for regular check ups – if you want to do this every three months is enough. Remember: some STIs can be detected only after some days or even weeks.

Do not use vaginal douche before going to the doctor.

Don't self prescribe: get a medical check-up to ensure correct treatment.



FOR YOUR SECURITY

Tips for your safety

- Avoid drunk clients or clients under the influence of drugs.
- Rely on your intuition: if for some reason you do not trust the client do not accept him.
- If a client is troublesome, aggressive or insists that you do something you don't want to do, stay calm and look for a way to escape.
- Among colleagues: agree on alarm signals to send to each other.
- Always carry a personal attack alarm. This alarm can be bought in electronics shops.
- Keep things that can help you raise alarm or assist in self defence within reach.
- Never keep large amounts of money on you.
- Avoid going to any clients' house unless you know them.
- Never accept more than one client at a time, no matter how much you are offered.
- If an aggressive client grabs you by the neck, don't try to remove his hands. Instead, grab him very hard by the balls, hit his adam apple or slap both hands on his ears.
- Look out for any object that could be used to harm you.
- Your passport belongs to you! Keep it safe and never give it to anybody!

Attention!

- A client who looks clean and elegant is not necessarily healthy or safe.
- Put the condom on yourself: do not let the client do it.
- Be careful: there are clients who try to tear the condom during sex.
- Always negotiate the price, amount of time and the type of service before going with a client.
- Always ask for your money in advance.
- Remember: you decide what services you provide. Not the client!
- Alcohol and drugs could cause you to lose control over the situation - so be careful!

Working in your own indoors

- Always keep your money safely, where others cannot see it.
- Always have a personal attack alarm and use it if something goes wrong.
- Try to work with a colleague you trust in the same apartment.
- If you have to work alone in the apartment, a tip: go into another room and talk to yourself out loud. The customer will think there is someone else there. Or keep a dog, the larger the better.
- Never sign any contracts without understanding what it's all about. Make sure you know everything about your rights and obligations.
- Choose only the rooms that are situated in the vicinity of other rooms. Rent only those that are equipped with an alarm.