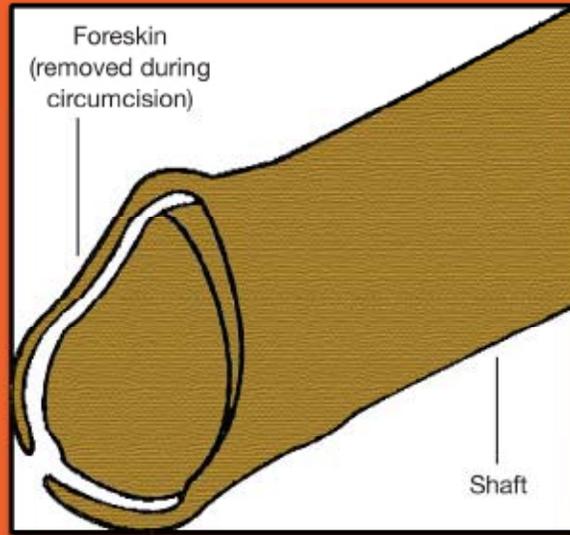
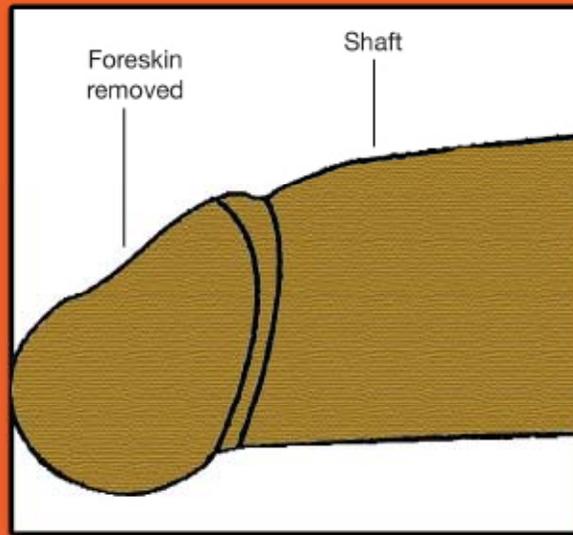


Before and After VMMC



Uncircumcised Penis



Circumcised Penis

VMMC is the removal of a man's foreskin.

Reason

A circumcised man is up to 60% less likely to get infected with HIV than an uncircumcised man.

Risk

There is some pain, but not much.

After circumcision, you must not have sex or masturbate for 6 weeks to heal properly.

Rights

You have the right to get the facts about VMMC and make a decision about what is best for you.

Responsibility

You have a responsibility to protect you and your loved ones from HIV and other STIs.



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Men and women should visit a counselor or health worker together to discuss VMMC.

<p>Reason</p> <p>VMMC has many benefits for both partners and both need to understand the procedure.</p>	<p>Risk</p> <p>You need to openly discuss why you want VMMC and details about the procedure.</p> <p>You may not be used to discussing such intimate things.</p>
<p>Rights</p> <p>You have the right to choose to go with your partner or by yourself to get information on VMMC.</p>	<p>Responsibility</p> <p>You have a responsibility to talk to your partner, find out the facts about VMMC, and make a decision that is right for you and your loved ones.</p>



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VMMC must be carried out in a government health facility by a well-trained health worker.

Reason	Risk
<p>VMMC is simple and safe when done in a health facility by a well-trained health worker.</p>	<p>If you do not get circumcised at a health facility, you have a higher risk of infection.</p>
Rights	Responsibility
<p>You have the right to choose your health facility.</p>	<p>You are responsible for:</p> <ul style="list-style-type: none">• Keeping the wound clean• Not having sex for 6 weeks after circumcision• Avoiding heavy exercise for 7 days• Returning to the health facility for a check-up after 7 days.



6 weeks



Do not have sex or masturbate for 6 weeks after VMMC.

Reason The wound needs time to heal properly.	Risk Engaging in sex too early can damage the wound and delay the healing process. It can also increase your risk of getting HIV.
Rights Even though it may look as though the wound has healed, it is still not safe to have sex until 6 weeks after circumcision. Your partner also has the right to say 'no' to sex during those 6 weeks.	Responsibility You have a responsibility to ensure that the wound heals properly and that you are not putting yourself or your partner at risk.



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It is important to wear a condom even after you are circumcised because you can still get HIV.

Reason Male circumcision can reduce men's chances of getting HIV by up to 60% but it cannot protect him completely.	Risk You are only fully protected against HIV, STIs and unwanted pregnancy if you use a condom.
Rights You have a right to request your partner to use a condom.	Responsibility It is your responsibility to let your partner know that condom use is not a sign of mistrust or unfaithfulness but a sign of care and love.