

# IF YOU SCORE, MAKE SURE YOU'RE PROTECTED

Condoms are  
the **only form of  
contraception** that protect  
against **STIs** like chlamydia and  
**unplanned pregnancy**



orkney alcohol and drugs



Available FREE from GP practices; Outpatients  
Department, Balfour Hospital and Skerryvore Practice toilets

# KEEP HYDRATED FOR A BETTER PERFORMANCE



Don't let  
**alcohol**  
affect your  
performance, on or  
off the pitch... **pace yourself**  
by having a **soft drink** between  
each alcoholic drink



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