

Why should I use a condom?

When used properly...

- Condoms can prevent pregnancy 97 out of 100 times when used during sex.
- Condoms can protect you from getting *most* sexually transmitted diseases (STD) including HIV, Chlamydia, syphilis, and gonorrhea.



Other advantages that condoms have to offer...

- Disposable
- No side effects
- They are cheap and often free!
- They are easy to get.
 - **Free condoms at Whiteriver Hospital and Cibeque Health Center!**

** Use a condom whenever you have sexual contact. STDs aren't just spread by vaginal sex, but also through anal and oral sex.*

For more information...

Whiteriver Hospital Pharmacy
928-338-3504

Cibeque Health Center
928-332-2560

Public Health Nursing Office
928-338-3684

CDC National Prevention Network
www.cdcnpin.org/FactSheets/condom.pdf

Planned Parenthood
www.plannedparenthood.org

Coalition for Positive Sexuality
www.positive.org/JustSayYes/safesex.html

Patient Education Code
FP-FC FOAM AND/OR CONDOMS

Condom Sense

Tips, instructions, and benefits of using a condom



"Spread the word not the risk"

Tips

- *Use latex condoms* when possible. Avoid lambskin condoms since they do not protect against STDs.
- *Check the expiration date on the package.* Don't use if out-dated.
- *Use only water-based lubricants.* Oil-based lubricants such as mineral oil, hand lotion, and Vaseline can damage condoms.



- *Do not reuse condoms.*
- *Store condoms properly.* Heat and light make them more likely to break even when they are in the package. Don't store in a wallet, pocket, or purse for more than a few hours and never in a glove compartment.

How do I put on a condom?

1. Tear open package along the edge.
2. Place the rolled condom on the tip of the hard penis. 
3. Leave some space at the tip to collect the semen.
4. Pinch the air out of the tip with one hand and unroll the condom over the penis with the other. 
5. Unroll the condom down to the base of the penis. Smooth out any wrinkles or bubbles. 
6. Lubricate the outside of the condom with water-based lubricants only.

*If the condom breaks during sex, pull out and put on a new condom. However, your risk of pregnancy and STD infections increases.

How do I take off a condom?

1. Pull out before the penis softens. 
2. Hold the condom against the penis to prevent the semen from spilling.
3. Throw the condom away.
4. Wash the penis and hands after any sexual contact.

How do I choose a condom?

- Try different brands and styles to find out what you like the best.
- Use a polyurethane condom if you or your partner is allergic to latex.
- Read the labels of colored and flavored types to make sure they protect against pregnancy and STDs.