



Why Use a Condom?

Condoms help prevent STIs (sexually transmitted infections). They are the only form of birth control (besides abstinence, which is 100% effective) that helps prevent the spread of infection.

Did You Know?

You can catch or pass some STIs through oral sex. Areas such as the vulva, anus and mouth can be protected by using oral dams. Contact the Sexual Health Centre to buy them or to find out how to make your own by cutting up a condom.



Free Condoms!

To ensure that sexually active people have access to items that help prevent unintended pregnancy and STIs, we provide free condoms and lubricant.



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CONDOMS: Choose *em,* use *em,* and lose *em



SEXUAL HEALTH CENTRE
Lunenburg County

Your source for sexual health information

Choosing *em



** If you are not sexually active now (not having oral, anal or vaginal sex) then you are choosing abstinence, and that is the surest way to prevent pregnancy and infections. But most people become sexually active at some time in their lives, so this information may be useful to you later.*

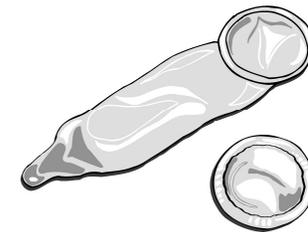
-  **Get latex or polyisoprene (non-latex) condoms.** Both are strong and reliable.
-  **There are many types.** Condoms come in textures, shapes, sizes, flavours, and thicknesses. Call the Sexual Health Centre for help with deciding which is the best for you.
-  **Check the date.** Never use an expired condom. Expiry dates are stamped on boxes and on individual condom wrappers.
-  **Store in a cool, dry place,** like a bedroom drawer. Not in a car or anywhere close to your body. Even body heat shortens the life of latex.

Using *em

1. **Be careful when opening the package.** Wash your hands before touching the condom. Take extra care if you have long or sharp nails. Inspect the unrolled part to make sure there are no holes or tears.
2. **Put a condom on as soon as the penis is erect (hard).** A tiny bit of fluid 'leaks' from the penis when it is erect. This fluid can carry STIs and sperm.
3. **Pinch the air from the tip** as you put it on to leave space for semen.
4. **Roll the condom** all the way to the base of the penis (don't put it on like a sock). If you put the condom on upside down (so it won't roll) **DO NOT** flip it over — get a new one (infections and sperm could now be on that side and transferred).
5. **Use water-based lubricant** to reduce friction and the chance of breakage. Latex breaks down *quickly* with oil. Do **NOT** touch the condom with hand lotion, petroleum jelly, lip gloss, etc.

Losing *em

-  **Take off the condom right after you ejaculate** and when the penis is still hard. Why? When the penis gets softer it gets smaller and the condom is not tight. If the penis stays inside, fluid could leak out, or the condom could come off.
-  **Make sure the condom doesn't slip off accidentally.** Hold the condom at the base of the penis when taking the penis out, so the condom doesn't slip off. Begin rolling it off once you are away from your partner's body.
-  **Tie it up and throw it away** (do not flush down the toilet or litter).



Never re-use a condom