

Condoms:



- **How Do They Work?**
 - A condom is a form-fitting sheath of latex rubber or natural skin that fits snugly over a man's erect penis. A condom is used during intercourse to **prevent** sperm from entering a woman's vagina, in order to prevent **pregnancy**. Condoms also protect **both** partners from infections that are spread by close sexual contact. Condoms are sometimes called rubbers, safes, or prophylactics.

- **Are They Safe?**
 - Yes! Latex rubber condoms protect you from most **STD's**.

- **What Are The Side Effects?**
 - None, only a very few people have been allergic to latex. Although, there are other **alternatives!** A few people may be allergic to latex rubber, spermicide, or liquid used to package the condom. If you notice burning or itching, try changing brands. If the problem continues, talk with your Family Planning Nurse.

- **What Are The Health Benefits Of Condoms?**
 - A very good protection from **pregnancy**. Excellent protection from **infection**. A man has a chance to help with birth control. You have visible proof after intercourse whether your **birth control method** worked or not. You don't need an exam or a prescription to get condoms. At **Okanogan Family Planning** condoms are free.

- **What About Sexually Transmitted Diseases/Infections and HIV/AIDS While Using Condoms?**
 - Condom use is quite reliable in protection from some STD's. Latex rubber condoms protect you from most STD's.

- **What Do I Need To Know About Using Condoms?**
 - The condom should be put on before any **penetration** or sexual contact with your partner. Check the date! Condom packages have an **expiration** date printed on them. Check the date before you unwrap the condom.
 - If you want **lubrication** to reduce friction during sex, you can spread a water-based lubricant such as **K-Y jelly** or **Astroglide** on the condom once it is on.
 - No oil based lubricants! Vaseline or lotions can **damage** the **latex** and cause the condom to break.

- **When Do I Start?**
 - Keep condoms handy. Have some near where you usually have **sex**. Store them in a cool place where heat won't damage them.