

FACTS ABOUT CONDOMS ("Rubbers")

What is a condom?

A condom is made of very thin latex or a non-latex material. It fits over the man's penis like the finger of a glove. A condom is sometimes called a rubber.

How does a condom work?

It catches a man's sperm when he comes (climaxes).

How well do condoms work?

If a condom is used the right way each time you have sex, it will keep you from getting pregnant about 70-85 percent of the time.

Why are condoms a good choice for me?

Condoms do not cost a lot and you can buy or get them in a lot of places. Condoms not only can keep you from getting pregnant, but they are also the best protection against HIV and other diseases you can get when you have sex.



How do you use a condom?

How to put it on:

1. Use a new condom each time you have sex. Latex or polyurethane condoms are the best. The best time to put it on is as soon as the man's penis is hard. Hold on to the tip of the condom and squeeze it a little to take out any air and to leave a space at the top so the condom won't break.
2. When the man's penis is hard, put the condom on the tip of the penis and roll the condom all the way down. Be sure to do this before he puts his penis inside you or anywhere near the vagina.

How to take it off:

1. After the man comes, he needs to take his penis out of you while it is still hard.
2. The man must hold on to the rim of the condom so no semen (come) spills out. Don't let your sex organs touch until you have washed off any places that your partner's semen (come) got on.
3. Throw away the condom. If you decide to have sex again, use a new condom.

Tips you should know when you use a condom:

1. **Remember:** Even if the man has not come (climaxed or ejaculated), sperm is always in his penis. You can get pregnant if the man's penis touches your vaginal opening or anywhere close by before the man puts a condom on.
2. If the condom feels too dry to put inside you, use K-Y jelly or a water-based lubricant. **DO NOT** use oil-based lubricants because these can

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make the condom break. Oil-based lubricants are petroleum jelly, vegetable oil, hand or body lotions or creams.

3. If the condom causes you or your partner to feel burning or itching, try a different brand or kind of condom.
4. If the condom breaks or if semen (come) spills or leaks out and the female is not using any other birth control method (the pill, shot, patch, etc.), then Emergency Contraception should be considered. Plan B (emergency contraception) is sold over the counter to anyone 17 years or older.
5. If the condom doesn't look or feel right (if it is sticky or brittle), don't use it.
6. Keep condoms in a cool, dry place. Do not store condoms in your wallet for a long time or put them in a glove compartment because condoms do not work well if they get hot. Keep condoms out of direct sunlight.
7. Use a new condom for each sex act.

Will I have any problems when my partner uses a condom?

Almost never. Using a condom means you may have to stop love making for a minute to put the condom on. A very few people are allergic to latex, but there are condoms made of polyurethane (non-latex) for those who are allergic to latex.



Where can I get condoms?

You may get condoms at no cost at many health departments. You can also buy them at drug stores, grocery stores, convenience stores and other places.

REMEMBER

Condoms provide the best protection against HIV and other diseases you can get when you have sex, except not having sex at all. Use a latex condom correctly and consistently to protect yourself.

Reference: Contraceptive Technology 20th ed.



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