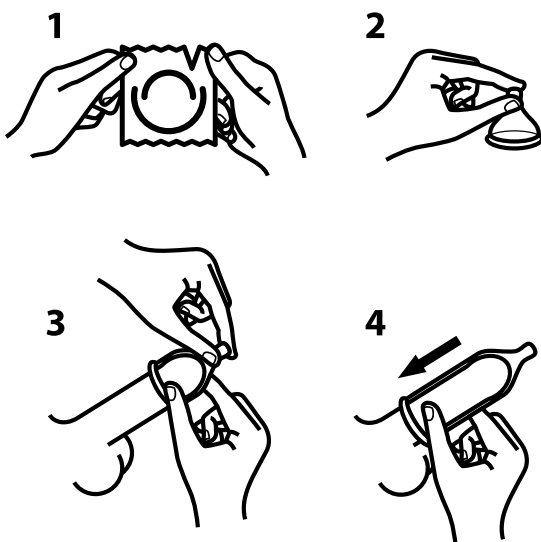


Why use latex condoms?

- there is no cure for HIV/AIDS and other viral infections
- undiagnosed and untreated Sexually Transmitted Infections (STIs) can affect your physical health, your fertility, your mental health and cause problems in your relationships
- to prevent pregnancy
- to reduce your risk of getting STIs, including HIV/AIDS
- 'natural' lambskin condoms only prevent pregnancy (they do not protect you against HIV/AIDS and STIs)

How condoms work

- Condoms keep blood, semen and vaginal fluids from passing from one person to another during sex. These fluids can carry the infections that cause STIs and HIV/AIDS.
- They provide some protection from skin to skin STI transmission.
- A condom can be cut in half lengthwise and used as a barrier for oral sex on a woman.



Lube, lube and more lube. Why?

- sex feels better
- the condom is less likely to break

Use only water based or silicone lubricants with latex condoms.

Oil based lube weakens condoms causing breakage. Avoid baby oil, petroleum jelly, hand lotion or anything else made with oil.

Vaginal sex (penis in vagina). Vaginal sex without a condom is a high risk for:

- Chlamydia
- Genital warts (HPV – some types can lead to cervical cancer)
- Gonorrhea
- Herpes
- Syphilis
- HIV/AIDS

Anal sex (penis in bum). Anal sex without a condom (bare backing) is a high risk for:

- Chlamydia
- Genital warts (HPV)
- Gonorrhea
- Herpes
- Syphilis
- HIV/AIDS

The risk is high whether you are the top or the bottom partner. If you have anal sex, use latex condoms and lots of water based lube.

Oral sex is still sex

Oral sex without a condom can spread:

- Chlamydia
- Gonorrhea
- Syphilis
- HIV/AIDS

Nonoxynol-9

- Spermicides kill sperm not HIV or STIs.
- Discuss the use of spermicide products for vaginal sex with your doctor, nurse or a pharmacist.

Storing condoms

Store away from sources of heat such as your pocket or wallet. Avoid prolonged exposure to sunlight and fluorescent light.

Wear a condom for pleasure and protection

- One size usually fits everyone but shop around for the style you like best. Make sure it fits tightly so it won't slip off.

Condoms can break

- check the expiry date
- remember to pinch the tip
- try another brand

Put some lube in the tip of the condom or on the head of the penis. You can buy different colours, shapes, styles and flavours of condoms. Glow-in-the-dark condoms do not protect from STIs, HIV/AIDS or pregnancy.

Your sex life can be long, healthy and happy

- Enjoy sex more when you're not worrying about pregnancy, HIV/AIDS and other STIs.
- Decide to use a condom before you have sex. Choose to make them part of your sex life.

Alternate formats of this document are available upon request.

Region of Waterloo Public Health and Emergency Services

Sexual Health/Harm Reduction Program

Where can you get condoms?

- drug stores, grocery stores and some convenience stores
- some bars and washrooms have vending machines that sell condoms

Public Health has a condom access program which offers free condoms through many community agencies. Call 519-883-2267 for locations.

Had sex without a condom?

Visit your doctor or an STI clinic to get tested. You may not have symptoms. STI clinics offer free information, testing and treatment. And remember, oral sex is still sex.

For more information, check these websites:

- www.phac-aspc.gc.ca/publicat/std-mts/sti_r.html
- www.iwannaknow.org
- www.ashastd.org//condom/condom_introduction.cfm

Sexual Health/Harm Reduction Program

For clinic times call 519-883-2267

All clinical and counselling services are free and confidential. No health card is required to receive services.

Questions?

Call the Region of Waterloo Public Health Sexual Health Program or your doctor.



Scan this code with your smartphone for more information about sexual health clinics and services.