

## LEARN ABOUT

# PROTECTION AGAINST STIS: CONDOMS USE



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

### Why Condoms Are Important

- Condoms help protect people from getting or spreading sexually transmitted diseases (STDs), like HIV and hepatitis
- They can also help protect against other infections passed through sex, like Zika or Ebola
- Condoms can also help prevent pregnancy

There are external (male) condoms and internal (female) condoms. For condoms to work properly, they must be used correctly every time you have sex.

The safest way to avoid STDs is to not have sex or to be in a long-term, mutually monogamous relationship with one partner who has tested negative for infections.

### Fast Facts

- Latex condoms can block very small germs that cause many STDs
- Condoms work best against STDs that spread through bodily fluids, like gonorrhea and chlamydia
- Condoms are less protective against STDs spread through skin-to-skin contact, like herpes or syphilis
- If used incorrectly, condoms can break, slip, or leak
- STDs, HIV, or Pregnancy can still happen from one sexual act

### How To Use An External Condom Correctly

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Always use a brand-new condom for every act of vaginal, anal, or oral sex

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Put the condom on the tip of the erect penis with the rolled side facing outward

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Pinch the tip of the condom so there's a small space for semen

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Roll the condom all the way down to the base while holding the tip of the condom

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After ejaculation (when semen comes out), hold the rim of the condom and carefully pull the penis out

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Take the condom off gently to prevent semen from spilling

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Wrap used condom in tissue and throw it in the trash

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If the condom breaks during sex, stop right away and put on a new one

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Use water-based lubricants. Oil-based lubricants can weaken latex and cause the condom to break