Where to Get Condoms

Men and women of any age can buy condoms from drugstores or family planning clinics. No prescription is needed.

Condoms Help Prevent STIs

Sexually Transmitted Infections (STIs) are spread from person to person during vaginal, oral and anal sex. There are many kinds of STIs. Most can be cured with treatment. Others cannot be cured, like viral STIs. Some STIs, like Hepatitis B and HIV can be life threatening.

WARNING: Condoms are not 100% effective against HIV.

Other Ways to Protect Yourself

In addition to using barrier protection every time you have vaginal, oral or anal sex, you can do other things to protect yourself, like:

- Discuss STIs with your partner before you have sex. If either of you have a history of high-risk activities, talk about how you can prevent future infection.
- Get checked for STIs every time you have a health exam.
- If you have more than one sex partner, get an STI check any time you are concerned about risk, even if you don't have symptoms.
- If you have an STI, your partner must be treated too, otherwise he/she can pass it back to you.
- Don't have sex if you are drunk or high. Using alcohol or other drugs can make it hard to use condoms correctly.
- Remember—people with STIs don't always have symptoms. You can't always tell by looking at someone if they have an STI.

If you have any questions or concerns, please contact your local Panhandle Health District Office.

Panhandle Health District

Kootenai County
8500 N. Atlas Road
Hayden ID 83835
208 415-5270

Bonner County
1020 Michigan
Sandpoint ID 83864
208 263-5159

Boundary County
7402 Caribou
Bonners Ferry ID 83805
208 267-5558

Benewah County
137 N 8th St
St. Maries ID 83861
208 245-4556

Shoshone County
114 W Riverside
Kellogg ID 83837
208 786-7474

July 2011

This publication has been brought to you courtesy of Panhandle Health District and the STD/AIDS Program.

Condoms

Protect Yourself!

Male Condoms
Female Condoms
Dental Dams

Public Health
Prevent. Promote. Protect.
Panhandle Health District

Panhandle Health District
Healthy People in Healthy Communities
www.phd1.idaho.gov

Condoms

Condoms have been around since 1000 BC—the ancient Egyptians used them.

A condom is a thin sheath or "skin" of latex or polyurethane which fits over an erect penis. It prevents ejaculated semen from escaping during vaginal, oral and anal intercourse or manual play.

Condoms are available in many brands and varieties.

Condoms have an expiration date and must be kept away from extreme hot and cold temperatures. If the package or the condom looks damaged, such as flat, cracked or dried, the condom should not be used. Only water-soluble lubricants should be used with condoms—oil-based lubricants can weaken the condom thus causing breakage.

Condoms should be used only once and then discarded in a trash can—do not flush them down the toilet.

The rule that *two is better than one* does not apply here! Use only one condom at a time.

Dental Dams

Dental dams are a small sheet of latex that acts as a barrier between the vagina or anus and the mouth.

Dental dams come in different colors, shapes and sizes.

Before using the dental dam, rinse it off with warm water, dry gently with a towel and check to be sure the dam has no holes. Ensure that only one side of the dam comes into contact with the genitals and use only one time.

Only water-based lubricants should be used with dental dams.

Dental dams should not be used for actual intercourse, only for outer course! **They do not protect against pregnancy.**

Female Condoms

A female condom is a polyurethane sheath or pouch about 6 1/2 inches in length. A woman wears it during intercourse and it acts as a barrier between the penis and vagina preventing the exchange of fluids.

The female condom should not be worn at the same time as a latex male condom because the friction between the two condoms may cause the condoms to break.

Use each female condom only one time—do not re-use!

Female condoms can be inserted up to eight hours before intercourse so it does not interfere with "the moment".

Female condoms can be used with oil-based lubricants.

Female condoms are less effective than non-barrier methods, such as the pill, in preventing pregnancy.