

sex talk.

answers to your questions about sex and relationships

wildfact

If you want to win prizes, watch funny videos and get the inside scoop on how to stay healthy, go to www.facebook.com/campushealth and like us!

Q What is the chance of getting an STD with a condom on?

A. Unfortunately, there are no concrete numbers. What we do know is that for sexually active people, condoms are the best way to reduce the risk of STDs.

Human error has a lot to do with why condoms aren't perfect. Putting the condom on after sex has already started, wearing condoms that don't fit properly, or rolling out the condom the wrong way then flipping it over, all increase the chance for STD transmission.

Condoms are very good at protecting against STDs that can be transmitted through genital secretions – areas of the body where the condom covers. They do not protect as well against STDs transmitted by skin-to-skin contact (areas of the body where the condom doesn't cover) including hands, vulva, scrotum, and lips. You can minimize your risk of contracting one of these STDs by knowing your partner(s) STD status.

To increase condom effectiveness, use one condom every time from start to finish and follow these steps:

1. Store the condom in a cool dry place, like a sock drawer.
2. Check the expiration date; yes, condoms do expire.
3. Feel for the air bubble inside the unopened package, if there is not one there, get a new condom.
4. Gently tear open the package using your hands.
5. If you need to add a lubricant, use a water-based one. You can put this on the inside and outside of the condom.
6. Squeeze the tip of the condom to leave space for the semen, and roll it down to the base of the penis, smoothing any air bubbles as you go.
7. After ejaculation, pull away from your partner and roll the condom off.
8. Discard the condom in the trash. If you flush it, it may clog your pipes.

The Campus Health Pharmacy sells a variety of different condoms. You can even buy in bulk – 100 condoms are only \$14.99.



SCAN THIS
FOR MORE
SEXTALK!



Have a question? Send it to sextalk@email.arizona.edu

SexTalk is written by Lee Ann Hamilton, M.A., CHES, David Salafsky, MPH, and Carrie Hardesty, BS, CHES, health educators at The UA Campus Health Service.