



# how to use a condom

A condom should be put on an erect penis prior to any oral, vaginal, or anal contact.



Check the expiration date and then open the package carefully with your hands so the condom doesn't tear.



Squeeze the tip of the condom to push out air and to leave space for the semen.

Squeezing the tip with one hand, use the other hand to position the condom at the head of the penis and unroll it all the way down to the base, with the roll facing the outside. Use a water-based lubricant inside and outside the condom if it is not already lubricated.



Soon after ejaculation, withdraw the penis while holding the condom in place. Then, carefully remove the condom and discard it in the trash.

Never reuse a condom.

Change condoms when switching between mouth, vagina, or anus.

## resources

### University of Arizona (area code 520)

UA Campus Health Service .....	621-6490
STI Testing .....	621-9202
Women's Health .....	626-5738
Pharmacy .....	621-6516
Counseling & Psych Services (CAPS) .....	621-3334
Oasis Sexual Assault & Trauma Services.....	626-2051
Health Promotion & Preventive Services (HPPS) ...	621-6483
After Hours On Call Provider .....	570-7898
Women's Resource Center .....	621-4498

### Local and National

Southern Arizona Center Against Sexual Assault (24-hour Hotline) .....	327-7273
Planned Parenthood .....	408-7526
Pima County Health Department	
STD/HIV Testing .....	724-7900
Family Planning .....	724-7900
Safe Baby Program Hotline (you have a baby you can't keep) .....	872-7233
Adoption:	
Catholic Community Services .....	623-4555
Southern Arizona AIDS Foundation .....	628-7223
Emergency Contraception Hotline .....	888-NOT-2-LATE



**CAMPUS HEALTH**



HEALTH.ARIZONA.EDU

The University of Arizona, Highland Commons  
1224 E. Lowell St. Tucson, AZ 85721  
(Northwest corner of Highland & 6th Street)

Condoms are sold at the UA Campus Health Pharmacy

## sex talk.

Have a question about sex or relationships?  
Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)  
Read SexTalk every Monday in the *Arizona Daily Wildcat*  
or visit [bit.ly/SexTalkUA](http://bit.ly/SexTalkUA) to see 15 years of student questions.



**CAMPUS HEALTH**



HEALTH.ARIZONA.EDU

Produced by UA Campus Health Service,  
Health Promotion & Preventive Services

FALL 2016



## **lubricants**

Using a water-based lubricant, such as KY Jelly or Astroglide, reduces the chance of condom breakage and enhances sexual pleasure. Do not use oil-based lubricants like Vaseline, baby oil, or lotion because they may damage the condom. Current data suggests avoiding the use of the spermicide nonoxynol-9 as a condom lubricant.

## **types of condoms**

Latex is the most widely used material to make condoms. Polyurethane condoms are available for those who have latex allergies.

Condoms made from animal products should not be used because they have pores in them that can allow sexually transmitted infections (but not sperm) to pass through the condom. These condoms may be labeled as animal skin, natural skin, or natural membrane.

## **storage of condoms**

Condoms should be kept in cool, dry places. If you keep one in your pocket or wallet, you must replace it often, because body heat can damage the condom.

## **if the condom breaks or slips, or if you forget to use it**

If the condom breaks or slips during intercourse, but before ejaculation, change it immediately. If you don't notice until after intercourse, gently wash all genital and contact areas with soap and water immediately. Do not douche.

### **Concerns about STIs (Sexually Transmitted Infections):**

Contact a health care center such as the UA Campus Health Service, Planned Parenthood, Pima County Health Department, or a private provider and ask about STI testing.

### **Concern about pregnancy:**

Emergency contraception (the "morning-after pill") is available for all genders at the UA Campus Health Service, Planned Parenthood, Pima County Health Department, and through private providers. It must be used within 3-5 days of the unprotected sexual encounter, but is most effective within the first 12-24 hours.

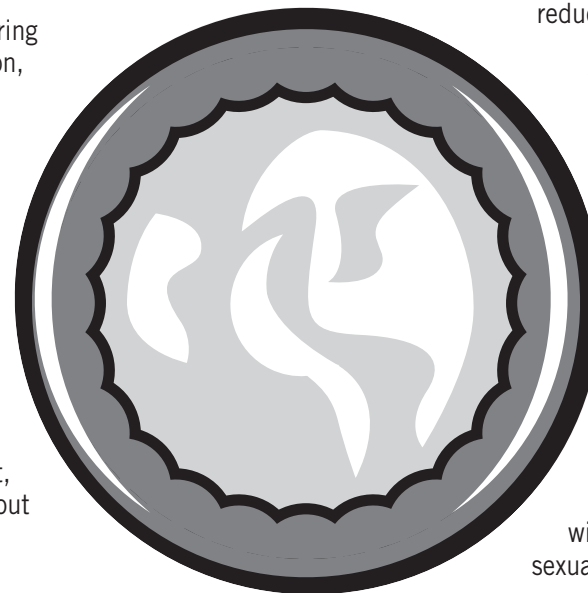
Emergency contraception is 75%-89% effective in preventing pregnancy from occurring. Emergency contraception is **not** the same thing as the "abortion pill."



## **reducing your risks**

Condoms are 86-98% effective in preventing pregnancy. If you use them correctly every time you have sex, you will significantly reduce the risk of pregnancy.

Aside from abstinence, condoms are the best STI protection available. When used correctly and consistently, condoms will help reduce the risk of STIs like chlamydia, gonorrhea, syphilis, and hepatitis B, but are less effective for preventing the spread of herpes and genital warts. Condoms should be used with vaginal, anal, and oral sexual contact.



## **talking with your partner about condoms**

Using condoms every time you have sexual contact is an important step in preventing STI transmission and unintended pregnancy.

Talk with your partner before a sexual encounter. Explain that this is important and that you want to protect both of you. This discussion does not have to ruin the mood... just talking about sex can be sexy. If your partner does not want to use a condom, suggest an alternative, low-risk activity such as fantasizing, or manual stimulation.

**Aside from abstinence, there is no better protection from STIs than a condom.**