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 .............................................................621-6512
Pharmacy ........................................................................621-6516
Counseling and Psych Services (CAPS) .........................621-3334
Health Promotion & Preventive Services (HPPS) ..............621-6483
After Hours On Call Provider .........................................570-7898
Oasis Program Against Sexual Assault and Relationship Violence ...........................................626-1829

**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

www.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

sexTalk.
Have a question about sex or relationships?
Send it to sextalk@email.arizona.edu
SexTalk appears every Monday in The Arizona Daily Wildcat.

Scan the code for SexTalk!

www.health.arizona.edu

FALL 2015

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

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 over 17 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.”

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.

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

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

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