



## HOW TO PUT ON A CONDOM:

### Before Opening:

- Check the expiration date
- Check for the air bubble by squeezing the package to make sure it hasn't been punctured.

### Putting on a Condom:

- Push the condom to one side of the package and open it from the opposite end with your fingers.
- Before the condom touches the penis, roll the condom down a little bit so you know which way to put it on
- Pinch the tip of the condom and roll it down to the base of the penis leaving about ½ inch at the tip for semen to collect.
- Smooth out any air bubbles to prevent the condom from breaking during intercourse.

**WRAP IT UP!**

### After Sex:

- Hold the condom against the base of the penis while pulling out and take the condom off away from your partner.
- Tie a knot in the condom to prevent any semen from spilling out, wrap it in a tissue and throw it away.



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**stanstate\_healthed** Sexually Transmitted Infections (STIs) are infections that are passed during vaginal, anal or oral sex. Some STIs are carried in semen, pre-cum, vaginal fluids and blood. Others can be passed from genital skin-to-skin contact. STIs are common and usually don't show any symptoms, so lots of people may not even know they have one. Getting tested is the only way to confirm whether or not someone has an STI. The best way to prevent STIs is to have safer sex. Safer sex means using a male condom, female condom, or dental dam every time you have vaginal, anal or oral sex.

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**stanstate\_healthed @wrapitup** Condoms and dental dams are designed for a single use. Use a condom or dental dam for every act of vaginal, anal & oral sex throughout the entire act – from start to finish. 🍆❤️ #wrapitup #demandthedam #safersex

**stanstate\_healthed @lube** You should only use water-based lubricant with condoms and dental dams. Lubricants made of oil can weaken the latex and cause the condom to break.



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## Safer Sex Tips

Dental dams, like condoms, serve as a protective barrier for oral sex. A dental dam is a rectangular piece of latex that is used to cover the genitals so there is no direct mouth-to-genital or mouth-to-anus contact.

Visit [csustan.edu/health-ed](http://csustan.edu/health-ed) for more information.



### HOW TO USE A DENTAL DAM:

- Check the expiration date
- Carefully open the package and remove dental dam.
- Inspect dental dam to ensure there are no tears or defects
- Before using, you may want to rinse off any powder that's on the dam
- Place dental dam flat to cover vaginal opening or anus and hold in place.
- Throw away used dental dam in trash.

Don't have a dental dam? No problem! You can make one from a male condom. Cut off the tip and cut down one side. Voila!



### Condom Effectiveness

- Condoms are 82%-98% effective at preventing pregnancy. Condoms are most effective when used consistently and correctly.
- Abstinence is the only method that is 100% effective in preventing pregnancies and STIs.

### Protection against STIs

- Condoms that are made of latex offer very good protection against HIV, chlamydia, gonorrhea, herpes, PID and more, when used correctly. Condoms may also reduce the risk of genital HPV infection and HPV-associated diseases, like genital warts and cervical cancer.
- Dental dams offer very good protection from herpes, genital warts and HIV when used correctly.