



**MALE**  
condom

**FEMALE**  
condom



## THE BASICS



- Available in latex, polyurethane, polyisoprene, and lamb skin. Lamb skin condoms do not protect against STIs
- Wide variety of sizes, colors, textures, and aroma.



- New version made of Nitrile
- Covers all of the vagina and part of the labia
- One size, colorless, odorless and nonallergenic



## EFFECTIVENESS



- If used regularly and correctly, should prevent pregnancy 97% of the time. Actual effectiveness among users, though, is only 84%.



- Estimated to be between 75% and 82% effective. Effectiveness based on the typical use is 79%.



## BENEFITS



- Reduces risk of pregnancy and sexually transmitted infections (STIs) transmitted by fluids, including HIV.
- Prevents skin-to-skin transmission of STIs covered by the condom, such as herpes, syphilis, chancroid and HPV.



- Reduces risk of pregnancy and STIs, including HIV. However, it is not thought to be as effective for protecting against STIs as the male condom.
- Allows a woman to protect herself from pregnancy and STIs without relying on the male condom.
- Can be inserted anywhere from immediately before to up to 8 hours before intercourse.
- Can stay in place whether or not a man maintains an erection.



## COMMON ERRORS AND PROBLEMS WITH USE



- Failure to use a condom during each act of intercourse
- Occasional condom tear during sex
- Semen spilling from a condom during withdrawal
- Break in condom due to manufacturing problems (rare)
- Waiting too long to put a condom on (penis comes into contact with vagina before condom is on)



- A rip or tear (before or during intercourse)
- Delayed placement of a condom in the vagina (penis comes into contact with vagina before condom is in place)
- Failure to use a condom during each act of intercourse
- Failure due to manufacturing defects (rare)
- Spilling of semen from a condom while removing it



## COST AND AVAILABILITY



- Often available free at public health or Planned Parenthood clinics
- Available at most drugstores, in vending machines, by mail order, and at certain healthcare clinics
- Prices vary, but generally inexpensive
- No prescription needed



- Not as widely available as male condoms, but typically available at many STI clinics or family planning clinics
- Also available in many drugstores as well as online
- Priced at \$16.99 for 5
- No prescription needed



## HELPFUL TIPS AND GUIDANCE



- Don't use a condom that is brittle, sticky, or discolored. These are signs of age, and old condoms are more likely to break.
- If using a latex condom, do not use an oil-based substance (like Vaseline®) as a lubricant. These break down latex. Use only water-based lubricants.
- Do not carry condoms in your wallet for long periods of time or store them in your car.
- Store condoms in a cool, dry place away from sunlight and heat.



- If a condom tears or breaks, the outer ring is pushed up inside the vagina, or the condom bunches up inside the vagina during intercourse, remove it and insert another condom.
- Remove tampons before inserting the condom.



- If a condom package is damaged, don't use the condom because it also may be damaged.
- Use each condom only once.
- Use a new condom for each sexual act.
- Be careful not to tear condoms with sharp fingernails or jewelry.
- Do not use a female condom and a male condom at the same time. Friction between them can cause them to bunch up or tear.
- If you feel a condom break during intercourse, stop right away and put on a new one. Remember, ejaculation does not have to occur for a pregnancy to result (pre-ejaculatory fluids can contain active sperm), or for an infection to be transmitted.
- When you remove the condom after intercourse, and you notice that it is torn or broken, some sperm may have spilled inside the vagina, increasing the risk of pregnancy. Women should ask their pharmacist about emergency contraception (Plan B).
- Always throw condoms in the trash after use. Never flush them down the toilet.

**LEARN MORE ABOUT CONDOMS AT [WWW.ASHASEXUALHEALTH.ORG](http://WWW.ASHASEXUALHEALTH.ORG)**

Condoms, when used consistently and correctly, are effective at reducing the risk of transmission of sexually transmitted infections, including HIV. The American Sexual Health Association (ASHA) supports the promotion and use of condoms to limit the spread of sexually transmitted infections and their harmful consequences.

