

# Cougar Health

## Condoms

### What are condoms and how do they work?

Condoms are made of latex, plastic or natural membranes. They look like long thin balloons before they are blown up. Condoms fit over a man's erect penis to prevent bodily fluids from mixing during sexual intercourse. Condoms catch a man's sperm inside so that they don't enter a woman's vagina. They also help prevent the spread of some disease from sexual intercourse.

A new condom should be used every time. Some condoms contain spermicides on them which work to kill the man's sperm. About 2 to 15 from 100 women get pregnant yearly when their partners use condoms.

### Where can condoms be obtained?

They can be purchased at drugstores, supermarkets, and gas stations. Family planning clinics often give them for free without a prescription.



### What do people like about condoms?

- Condoms can be bought at stores.
- Condoms do not cause serious health problems.
- Condoms protect both partners from HIV and other sexually transmitted diseases.
- Condoms are effective and safe at preventing both pregnancy and some infection when used during each act of sex.
- Condoms make sex less messy by catching the semen.
- Condoms come in many colors, sizes, flavors and with or without ribbing and lubrication.



- Men "last longer" (maintain their erection longer) when they use condoms, which may make sex more fun.

California State University, San Marcos

Student Health & Counseling Services

Phone: (760) 750-4915

Fax: (760) 750-3181

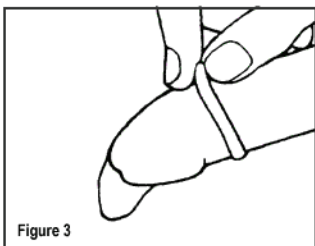
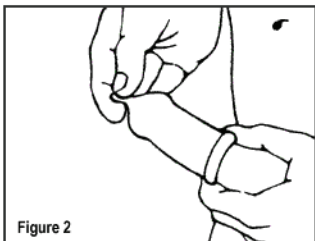
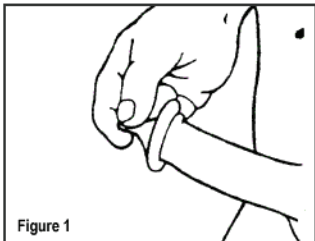
Website: [www.csusm.edu/shcs](http://www.csusm.edu/shcs)

Blog: <http://csusmhealth.wordpress.com/>

### How are condoms used?

The condom needs to be put on the penis before it touches any of the partner's openings including the vagina, anus, or mouth.

- Check the expiration date.
- Open the package carefully, so the condom doesn't tear.
- Hold the tip of the condom to squeeze out any air.
- Roll the condom down the erect penis.
- Hold onto the base of the condom after the man "comes" as the penis is pulled out.
- Roll the condom off and throw away. Do not flush down the toilet.
- Use each condom only one time.



### What do some people dislike about condoms?

- Condoms may interrupt sexual activity or foreplay.
- Condoms need to be put on very carefully to avoid tearing or putting a hole in them with fingernails, a ring or anything sharp.
- A new condom needs to be used every time, after a sexual act.
- Condoms with spermicide may irritate the vagina or penis.

### What are some other things to keep in mind about condoms?

- Condoms should be stored in a cool, dry place.
- Check the expiration date.
- Use only water-based lubricants.
- Do not use Vaseline, sun tan oil, whipped cream, Crisco or other oil-based products with latex condoms. It will damage the condom.
- In case the condom breaks or leaks during sex, ask a medical provider about Emergency Contraceptive pills.

Resource: [www.familypact.org](http://www.familypact.org)  
Family PACT: 1-877-FAM-PACT