



Get the facts about condom use!

The condom “tube” can be made from latex, lambskin or polyurethane. It is used to cover the penis during sexual intercourse. It not only helps in the prevention of pregnancy, but can also protect against germs (bacteria), viruses or sexually transmitted infections.

Things you need to remember!

- It is recommended to use condoms as they act as a barrier and protection between partners while having sexual intercourse
- Become familiar with putting on a condom, as some people are nervous and have difficulty putting one on
- Sometimes men may lose their erection when putting on a condom (practice while masturbating to get used to it)
- Be in control with your partner and make it clear that protection is necessary
- Try to avoid alcohol and recreational drugs while having sex (they can affect your decision making)
- Try to shop around to find the best condom for you (lubricated, latex, flavored, etc.)
- Some women are finding that they are allergic to latex – polyurethane condoms are an alternative, check with your local pharmacy or physician
- Always use water based lubricant like K-Y Jelly, Muko or Astroglide
- Make sure you avoid oil based lubes as they break down the latex, however oil based can be used with polyurethane condoms
- While engaging in sexual activity, check with your partner to make sure the condom is at the base of the penis
- If certain drugs are used to prolong ejaculation make sure the condom is well lubricated or has not slipped off or torn (use extra lube)

Staying ahead of the situation...Keep informed!

- Play an active role in the decision making, plenty of positive dialogue between you and your partner.
- Do not let your ego get in the way of playing safe, do not use a large condom if you don't need it, it may slip off and cause spillage inside your partner.
- Always keep the condoms in an area you usually have sex, like the bedside table.
- If both partners are living with HIV, you still must use protection (you can avoid re-infection with another strain of HIV).
- Make sure you hold the base of the condom when pulling out.
- If you are the partner on the receiving end, ensure that your partner pulls out with the condom still on.
- Pull out before you ejaculate or cum.
- **Avoid using condoms that have nonoxynol 9 spermicidal lubricant on them, as the chemical sometimes cause irritation, therefore providing an entry point for easier transmission if the condom breaks.**
- When finished, unroll the condom, tie it in a knot and dispose of it in the garbage rather than flushing it down the toilet
- Wash your penis with soap and warm water after sex
- It is a good practice to urinate (piss) after having sex
- If you shoot your ejaculate or cum on your partner, make sure you avoid any cuts or sores.
- Staying healthy is important, make sure you always use protection.
- **Avoid using flavored condoms for vaginal sex as the sugars on the condom can increase yeast infections and irritation which also makes for an entry point for HIV if the condom breaks.**



Barriers to acquiring protection:

- People are often embarrassed when buying condoms at the local pharmacy.
- Statistics show that 8 out of 10 shopliftings at many local drug stores are youth stealing condoms.
- The location where the condoms are shelved (often in the area where customers are sitting while waiting for prescription pick up).
- When you suffer from an allergy to latex, in some communities there are no other options (speak to your pharmacist about an alternative).
- Cost...condoms should be accessible free of charge at community based agencies.

Women to Women

- It is difficult to transmit HIV from oral sex our mouths are a very hostile environment for HIV to survive cuts and sores are quick to heal in and around the mouth.
- Avoid getting blood including menstrual blood in your mouth you can avoid getting HIV in your bloodstream by placing a dental dam over the vaginal opening.
- If you have difficulty acquiring a dental dam, you can use non microwavable plastic wrap or use a use a latex condom and cut it to make a square piece.



Remember!!

- shared toys can spread HIV ensure that you clean your toys such as dildos
- do not insert toys or fingers into anyone's anus before inserting into a vagina
- when using fingers or hands, use a finger condom or a latex glove.

please note: these concerns are also applicable to men involved in the same activity with women

Northern Healthy Connections Society (NHCS)

NHCS serves northern Nova Scotians living with and / or affected by HIV/AIDS as well as those most at risk. We offer one-on-one sessions, referrals to specialists, assistance with travel to appointments with doctors and support groups for both PHAs (Persons Having AIDS) and their families/ friends. NHCS office is located in Truro and has an extensive resource library, in addition to an internet connection for those wanting to access educational resources online. For more information, call 902-895-0931/1-866-940-2437.

Northern Healthy Connections Society

33 pleasant St
Truro NS
B2N 3R5
1-902-895-0931
nacs@eastlink.ca

northernaidsconnectionsociety.ca

 @NHCsociety

 www.facebook.com/nhcsns



More Info...

- Northern Healthy Connections Society northernaidsconnectionsociety.ca
- Canadian AIDS Treatment Information Exchange www.catie.ca
- Canadian AIDS Society www.cdnaids.ca
- Canadian HIV/AIDS Legal Network www.aidslaw.ca
- Local Public Health
- Halifax Sexual Health Centre www.HalifaxSexualHealth.ca