



## **Condoms**

Condoms are a barrier form of birth control. They prevent sperm from reaching the egg. Most condoms are made of latex rubber. They may have a shaped or contoured end that will provide a place to hold the semen after ejaculation. They may come in different colors and can be dry or lubricated. Condoms are inexpensive and simple to use. If used properly, they are effective in preventing pregnancy and may prevent sexually transmitted infections such as gonorrhea, chlamydia, herpes, HPV, and HIV.

To use the condom, place the rolled-up condom over the tip of the erect penis. Hold the end of the condom to allow a little space at the tip. Unroll the condom over the penis. After ejaculation, grasp the condom around the base of the penis as it is withdrawn. Throw the condom away. It should never be reused. Any lubricants should be water based (KY jelly or Astroglide).