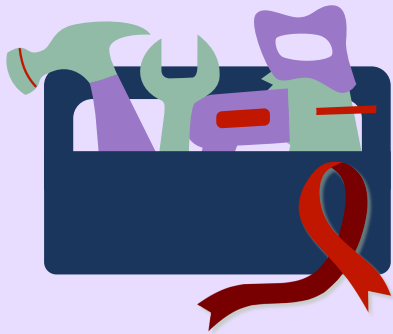
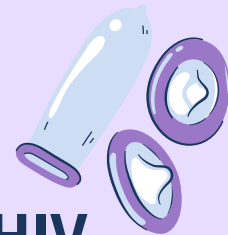




Condoms

How Can You Prevent HIV Transmission?



What are condoms?

Condoms are thin pouches that cover genitalia during sex. **External condoms** are used to cover a penis during sex and **internal condoms** are those that are meant to be placed inside the vagina or anus for protection during sex.

Condoms come in a variety of styles, colors, and flavors.

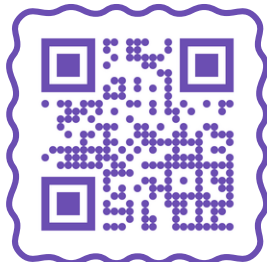
How effective are they?

Condoms are **highly effective when used properly** in protecting against HIV, STIs, and pregnancy.

Where can I get condoms?

Condoms can be found at most convenience stores and health centers with no prescription required.

To find free condoms near you, including shipping, check out FreeCondomsTN.org. **Click the link above or scan the QR code below to learn more!**



FreeCondomsTN.org



Note: The best way to make condoms work as well as possible is to use them correctly every single time you have vaginal, oral, or anal sex.

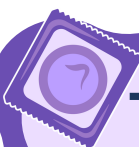


Have questions? Need HIV services?

Scan the QR code to locate services or contact syndemic.coordination@tn.gov

Are there any side effects?

Condoms have no side effects. However, if you are sensitive to latex or use certain combinations of condoms and lubricant, it can cause irritation. If you are experiencing any irritation, try switching brands or types of condoms and lubricant.



Tips for using condoms

- Use a condom before you have sex - oral, anal, or vaginal.
- Wear it the whole time you're having sex to prevent, HIV, STIs, and pregnancy.
- Always check the expiration date printed on the condom wrapper or box.
- Open the condom carefully so you don't damage it.
- Use the condom only once and use a new condom if you switch from one kind of sex to another (like anal to vaginal).
- Using lubricant helps prevent tears in the condom.
- Make sure your condom material is compatible with your lubricant. For example, don't use oil-based lubricant with latex condoms as this can cause tears and make the condom ineffective.



Combining Strategies

There are so many strategies to prevent HIV - talk to your provider and see what works best for you!

Combining strategies makes them more effective. Whatever strategies you choose, be sure you use them correctly and consistently.