

Why use condoms?

Reason #1: Condoms Prevent Disease

Using a condom every time you have anal, oral or vaginal sex protects you and your partners from getting HIV and other sexually transmitted diseases (STDs) such as: chlamydia, gonorrhea, genital herpes, hepatitis B and syphilis.

Although nothing except not having sex provides 100% protection, condoms are approximately 95% effective in preventing STDs.

Reason #2: Condoms Prevent Unplanned Pregnancies

Although nothing except not having sex provides 100% protection, condoms do provide protection against pregnancy. But better safe than sorry—use another form of birth control (such as the pill, IUD, diaphragm, Depo-Provera) **and** a condom for greater prevention against **both** pregnancy and STDs.

However, **never** use two condoms together! They will break!

Birth control methods such as the pill, IUD and diaphragm alone **do not** protect you from getting HIV and other STDs.

Reason #3: Condoms Can Be Fun

Take the worry of disease and unplanned pregnancy out of your sex life. Using condoms can make sex more relaxed and enjoyable. You can get NYC condoms free of charge.

Visit: <http://www.nyc.gov/html/doh/html/condoms/condoms-where.shtml> to find free condoms near you!

Additional Resources

For STD Information, visit: <http://www.nyc.gov/html/doh/html/std/std1.shtml>.

For information about which birth control method might work best for you, visit:
<http://www.nyc.gov/html/doh/downloads/pdf/ms/ms-bro-takecontrol.pdf>

Information from the New York City Department of Health and Mental Hygiene at:
<http://www.nyc.gov/html/doh/html/condoms/condoms-why.shtml>