

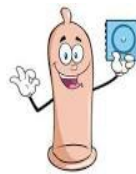
WELL-BEING >>>

Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health and prosperity.



National Condom Day

It's no coincidence that February 14th, the day of love, is also National Condom Day. Condoms can be external or internal. Consistent and correct use of condoms reduce the risk of sexually transmitted infections and highly effective in preventing the sexual transmission of HIV. Use the tips below to ensure you catch nothing but love this Valentine's Day.



To learn how to use condoms and dental dams please visit the following sites from the CDC:

- [The Right Way to Use Male \(also called External\) Condom](#)
- [The Right Way to Use Female \(also called Internal\) Condom](#)
- [How to Use A Dental Dam As A Barrier For Oral Sex](#)

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Condom Dos and Don'ts

- **DO** use a condom every time you have sex.
- **DO** put on a condom before having sex.
- **DO** read the package and check the expiration date.
- **DO** make sure there are no tears or defects.
- **DO** store condoms in a cool, dry place.
- **DO** use latex or polyurethane condoms.
- **DO** use water-based or silicone-based lubricant to prevent breakage.

- **DON'T** store condoms in your wallet as heat and friction can damage them.
- **DON'T** use nonoxynol-9 (a spermicide), as this can cause irritation.
- **DON'T** use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break.
- **DON'T** use more than one condom at a time.
- **DON'T** reuse a condom.

References:

<https://www.cdc.gov/condomeffectiveness/brief.html#Condom2>