

# Facts about Condom use



- Condoms prevent transmission by reducing the risk of exposure to HIV and STI's during sex.
- Laboratory studies show that the materials used to make most condoms (such as nitrile, latex, polyurethane, and polyisoprene) do not allow bacteria, viruses, or other germs to pass through them.
- Therefore, condoms act as a barrier to HIV and STI's by preventing the mouth, vagina, penis, and rectum from being exposed to:
  - bodily fluids (such as semen, vaginal fluid, and rectal fluid) that can contain HIV and STI's and/or skin infected by an STI (such as herpes and syphilis sores or genital warts).

| HIV/STI & CONDOM MESSAGES  | PREGNANCY EDUCATION  |
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| - Abstain and delay the beginning of the FIRST sexual debut  | - Know your HIV and TB status and that of your partner before planning pregnancy   |
| - Be mutually faithful to one sexual partner   | - Know your HIV and TB status and that of your partner before planning pregnancy   |
| - Use condoms correctly and consistently every time you have sex to protect yourself from unwanted pregnancy and STI, including HIV  | - Plan pregnancies before 35 years of age to decrease the risk of foetal abnormalities   |
| - Know your HIV status by testing every three months   | - Abstain and delay sexual activity and other risky behaviours (multiple partners/drugs/alcohol abuse) as a young person           |
| - Know signs and symptoms of STIs (burning urine, abdominal pains, smelling discharge and sores around the genitals)   | - Use contraception in addition to the use of condoms  |
| - Seek medical help if you have signs of STIs  | - Always use condoms correctly and consistently when having sex even during pregnancy  |
| - Inform your partner/s when infected with STIs to receive early treatment   | - Eat healthy and exercise regularly   |
| - Always communicate your health status (including HIV and TB status) to the healthcare provider to receive appropriate intervention and for you and your partner to be checked and tested for STIs including HIV. | - Stop drinking any alcohol, smoking, or taking illicit drugs to prevent foetal abnormalities                                      |
| - Know your TB status by going for TB screening  | - Stop self-medication /taking any medication not prescribed by the health care provider. Take and adhere to prescribed medication |
|  | - <b>Take folic acid together with your contraceptive method three months before pregnancy to prevent foetal abnormalities</b>     |
|  | - Be aware of your health status and medical condition before planning pregnancy   |
|  | - Visit the nearest health care facility when not feeling well   |

