

# Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

#47 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

# New York, we've got you covered



## NYC CONDOMS. GET SOME.

They're free. Find out where at 311 or [nyc.gov/condoms](http://nyc.gov/condoms)



• Available in Spanish and Chinese: call 311 or visit [nyc.gov/health](http://nyc.gov/health)  
 • Disponible en español: llame al 311 o visite [nyc.gov/health](http://nyc.gov/health)  
 • 需要中文服務 - 可電 311 或造訪網址: [nyc.gov/health](http://nyc.gov/health)



## Condoms Prevent HIV and Other Sexually Transmitted Diseases

- Use condoms correctly and consistently for vaginal, anal, and oral sex. Forgetting even once increases your risk of HIV and other sexually transmitted diseases (STDs).
- Condoms are especially important if you have a new partner — or more than one partner.
- Use only latex or polyurethane condoms. Other types prevent pregnancy, but *don't* protect against HIV and other STDs.
- Use *water-based* lubricants with latex condoms. Oil-based lubricants (such as petroleum jelly, massage oils, and body lotions) can cause latex condoms to break.
- Both water- *and* oil-based lubricants can be used with polyurethane condoms.



## Condoms Prevent Pregnancy

- Even if you use another birth control method, use latex or polyurethane condoms to protect against HIV and other STDs.
- *If you are pregnant*, you can still use condoms to protect yourself and your baby against HIV and other STDs.

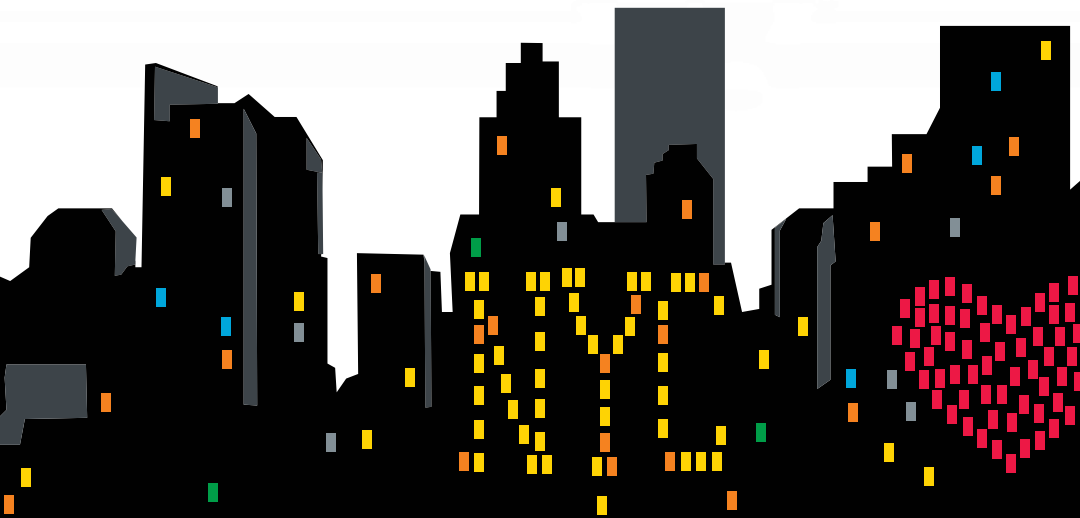


## How to Use Male Condoms

- Use a new condom every time.
- Store condoms in a cool, dry place. Don't leave them in your wallet or in your car too long — this can make them break easily.
- Be careful not to damage the condom when taking it out of the wrapper. If it is torn, brittle, or sticky, throw it away and use a new one.
- Put the condom on when the penis is erect, *before* sexual contact occurs. Unroll it all the way down.
- Leave a half-inch or so at the tip to collect semen. Squeeze out any extra air.
- If you put on a condom the wrong way by mistake, just throw it away and use a new one.
- After sex, pull out before the penis softens. Hold the base of the condom to make sure it doesn't spill.
- Throw the condom away.

## Female Condoms Work Just as Well

- The female condom is a soft, loose-fitting, polyurethane pouch that is placed in the vagina. Some women feel it gives them more control than a male condom.
- Female condoms work just as well as male condoms to protect against HIV and other STDs, and to prevent pregnancy.
- Because female condoms are made of polyurethane, not latex, you can use either water- or oil-based lubricants.
- Like male condoms, female condoms should be used only once, then thrown away.



## Talk About Condoms

- Talking about condoms can help you and your partner feel close.
- You can enjoy sex more when you don't have to worry about STDs or unplanned pregnancy.

## B.Y.O.C. (Bring Your Own Condom)

- Be prepared. Make sure you always have condoms available.
- Don't be embarrassed. More and more men *and* women are choosing to carry and use condoms.

## You Have the Right!

- No one — not even a spouse or intimate partner — can take away your right to use condoms, or your right to refuse sex.
- Forcing sex is sexual assault, and sexual assault is a crime. For help, call the New York City Domestic Violence Hotline at (212) 621-HOPE (4673), or call 311.



Bronx

Brooklyn

Manhattan

Queens

Staten Island



# Condoms Are Everywhere

- You can BUY condoms at local shops, grocery stores, bodegas, drugstores, and online.
- NYC CONDOMS are FREE at participating stores, businesses, community organizations, and clinics.

**Find out where to get NYC CONDOMS, or how to become a distributor, at 311 or [nyc.gov/condoms](http://nyc.gov/condoms)**

**DIAL  
311**

**For copies of any Health Bulletin**

All Health Bulletins are also available at [nyc.gov/health](http://nyc.gov/health)  
Visit [nyc.gov/health/email](http://nyc.gov/health/email) for a free e-mail subscription

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**GET SOME.**

**DIAL  
311**

**For Non-Emergency NYC Services  
Telephone Interpretation in 170 Languages**