

Sexually transmitted infections (STIs) including Hepatitis B, herpes, gonorrhoea, syphilis and HIV/AIDS, exist amongst the Bhutanese population.

Sexually transmitted infections are passed on by having vaginal, anal and oral sex without a condom with someone who is infected.

STIs, including HIV/AIDS, often have no symptoms so people who are infected may not know unless they get tested.

You cannot tell whether someone has an STI by looking at them.

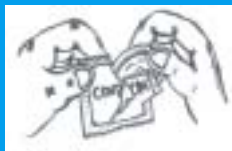
This is why you need to use a condom every time you have sex to protect yourself.

If used correctly and consistently, condoms provide a safe barrier against HIV/AIDS and STIs.

## How to use condom



- Check the packet for the expiry date and that it is airtight.



- Carefully open package so condom does not tear. Do not unroll it before putting on.



- Pull foreskin back, Hold the tip of the condom, squeeze the air out and put it on the end of hard penis.



- Carefully roll the condom to the base of the penis. Always put it on before entering partner.



- When finished hold the condom and pull the penis out while its still stiff.

### Remember

- Do not use grease, oils or lotions to make condoms slippery. They can make the condom break.
- Use a new condom each time you have sex. Do not use a condom more than once.
- Store condoms in a cool, dry place. Do not use condoms that may be old or damaged.
- When finished always tie a knot in the condom and put it in the bin, burn or bury it.

# Condoms

## Remember your condom

Men and women need to carry condoms with them so they are always prepared for sex.

Getting drunk can lead to unsafe sex, so remember your condom if you are going to drink alcohol.



## Discuss condom use

Talk to your partner about using condoms before having sex. Being honest and talking about condoms can build trust and respect with your partner.



If your partner does not want to use a condom, do not feel pressured to do something you do not want to do. Risking your health by having unprotected sex is irresponsible for you both. Ultimately having sex is your decision. Don't feel bad about saying 'No condom, no sex'.



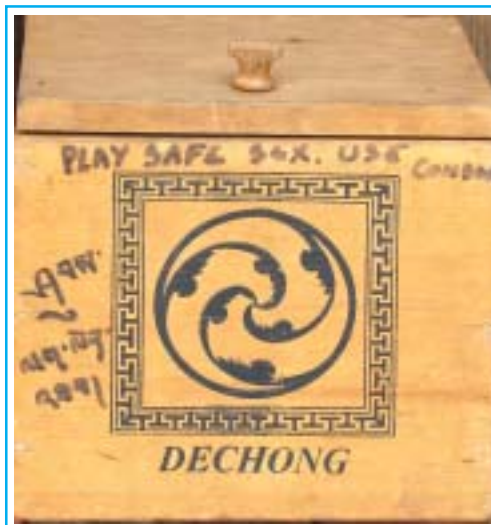
## Get tested

Medicines are available for all STIs. If you have had unsafe sex and think you may have an STI, get tested now for your health and to stop the spread of infection.

Getting tested is the only way you can be sure you do not have any infections.

Visit your BHU, Hospital or the Health Information & Service Centres and ask to be tested.

*Free condoms are available at BHU, hospital, village health workers, Health Information & Service Centres, nightclubs, pool halls or hotels.*



Get your free condoms from the box at your BHU, Hospital, Health Information service centres, village health worker or selected hotels, pool halls or nightclubs.

Condoms can also be purchased from medicine or pan shops.

To get tested ask your health worker, or visit your hospital or the Health Information & Service Centre in Thimphu and Phuentsholing.



Designed by: ICB, Oct 2006, & Produced by: PMT/World Bank, Ministry of Health

# Condoms



Use Condoms.  
Always