

# Condoms

**Condoms are thin flexible sheaths that are worn on a penis during sex to help prevent pregnancy and protect from STIs. There are many types of condoms:**

- Latex:** most condoms are made from this. Can be used with water or silicone lube
- Non-latex:** (polyurethane, polyisoprene, or lambskin) for folks with allergies. Can be used with oil based lubes.
- Flavored/Unflavored:** There are many different flavors to choose from. Just make sure flavored condoms are only used for oral sex to prevent yeast infections.
- Textured:** This includes ribbed and studded types that create texture which may assist in stimulation for both partners.
- Thick/Thin:** For folks who want to increase their sensitivity, thin condoms are made of less material and may be a good option. If folks find they are more sensitive than they want to be, they can use thicker condoms.
- Flared:** Have a wider width towards the top of the condom.
- Straight:** Same width from the top to the bottom.
- Internal:** soft plastic pouch that is inserted into the vagina or anus creating a barrier that helps prevent pregnancy and protect from STIs.

Remember: A condom should fit snug at the base to prevent it from coming off, but make sure it's not too snug because breaking may occur. Always check condoms for the expiration date before using them.

## Lube

**Lube helps prevent STIs by decreasing friction that could cause condoms to break or cause tears in your skin. It can also make sex feel better by lessening friction that may be irritating to the skin.**

**Water based lube-** can be used with all condom types, dries out quicker than other lubes so it's not recommended for anal sex

**Silicone based lube-** good for everyone, usually hypoallergenic. Cannot be used with silicone sex toys because it eats away at the toy, and causes aberrations and micro bacteria can grow there. Can be used with condoms.

**Oil based lubes/coconut oils-** last longer but are not compatible with latex condoms because the combination leads to breaks and tears. Oils can also lead to yeast infections. Can be used as body massage or penetrative sex. Not the best for STI prevention.

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Denier!

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