

# STI/Condom Week

## 10 - 16 February 2016



### What is National STI/Condom Week about?

It's National STI/Condom Week! Here's a few things you need to know about STIs and Condoms:

#### What are STIs?

Sexually transmitted infections (STIs) are infectious diseases that you can get by having sexual intercourse or contact with a sexual partner who has an STI.

#### Some of the more common symptoms of STIs are:

- Discharge from the penis or vagina
- Pain or stinging during sex or when urinating
- Pain and swollen glands in the groin area
- Painless red sores on the genital area, anus, tongue and throat
- A scaly rash on the hands and soles of the feet
- Warts around the area of the genitals
- Small blisters that turn into scabs in the area of the genitals
- Dark urine and loose, light-coloured stools
- Yellow eyes and skin
- Swollen glands, body aches and fevers
- Weight loss and fatigue

#### Important Contacts

 Aids Helpline

0800 012 322



### Knowledge is Power - Live Positively!

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#### How do I avoid getting an STI?

- The best way to avoid catching an STI is to not have sex at all but this is not a practical option.
- Another way to avoid getting an STI is to commit to one sexual partner who has been tested and cleared for STIs.
- One of the best means of protection against STIs is condoms. While they may not offer complete protection from STIs, they are most certainly the best means of prevention available.
- Condoms need to be used every time you have sex to offer full protection against infection. Condoms also help prevent pregnancy. There are also female condoms available for women who have trouble getting their partners to use a condom.
- Now that you know what STIs are, here's a few tips of how to use condom
- How to use male condoms
- Put the condom on before any contact is made.
- Unroll the condom over an erect penis to the base of the penis. (Uncircumcised men should pull back their foreskin before unrolling.) The unrolled ring should be on the outside. Leave about 1/2 inch of space in the tip so semen can collect there. Squeeze the tip to get the air out.
- Pull out after ejaculating and before the penis gets soft. To pull out, hold the rim of the condom at the base of the penis to make sure it doesn't slip off.
- Don't reuse condoms.
- How to use female condoms
- Follow the directions on the condom package for correct placement. Be sure the inner ring goes as far into the vagina as it can. The outer ring stays outside the vagina.
- Guide the penis into the condom.
- After sex, remove the condom before standing up by gently pulling it out.
- Don't reuse condoms.

#### Where does business get free Choice Condoms?

Free Choice Condoms are distributed by:

**Society for Family Health**

• Address: 2nd Floor, Block B, Metropolitan Office Park, 8 Hillside Road, Parktown, Johannesburg, South Africa

• Tel: +27(0)11 484-5320