



All local **Aidshilfen** and further helpful information can be found at

www.niedersachsen.aidshilfe.de/migration

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Dieses Falblatt gehört zur Kampagne „Gesundheit, Selbstbestimmung und Vielfalt in der Sexualität“. Es gibt dieses Falblatt und weitere Falblätter in verschiedenen Sprachen. Hier finden Sie alle Informationen:

www.niedersachsen.aidshilfe.de

überreicht durch:

Gefördert durch:



Niedersächsisches Ministerium für Soziales, Gesundheit und Gleichstellung



General information about condoms

Sexual activity and the feelings involved such as love, desire and the need to feel safe are natural parts of most people's lives. This special kind of physical intimacy between individuals can be a source of satisfaction, pleasure and trust. Sexual relations should always be voluntary and consensual.

No matter whether it is in a long-term relationship or during a spontaneous sexual contact:

Condoms offer protection against HIV/AIDS during sexual intercourse and reduce the risk of catching other sexually transmitted infections (STIs). Condoms also prevent unintentional pregnancy/fatherhood.

There are two types of condoms:

1. The condom is used the most in Germany;
2. The internal condom (female condom).

Condoms and internal condoms are usually made from latex, nitrile polymer or polyurethane. They form an ultra-thin barrier between the partners' mucous membranes and prevent the exchange of body fluids.

Condoms and internal condoms have an expiry date on the packaging. After that they no longer offer full protection. So before you have sex, check whether the condom or internal condom is still good. You should also look for the letters „CE“ on the packaging. These letters mean that the condom or internal condom has been tested and approved.

Condoms provide protection not only during vaginal or anal sex but also during oral sex (mouth-to-penis). When placed on the penis before oral contact, a condom reduces the risk of catching STIs. As long as only the man's pre-cum, but no sperm is taken into the mouth it is not necessary to use a condom to prevent an HIV infection.

To reduce the risk of catching an STI during oral contact between mouth and vulva (vagina), you can unroll a condom on two fingers and cut it open on one side to make a rectangle that is placed on the vulva. It is not necessary to use a condom to prevent an HIV infection as long as no blood is taken into the mouth.

To prevent infections, sex toys should always be cleaned with soap or covered with a condom before sharing with a partner or switching between different body openings (vagina, anus, mouth).

Thanks to the effectiveness of HIV treatment, people with HIV can live a normal life just like anybody else. Especially if infection with HIV is detected early on. People can then get early treatment. This is important for the health and life expectancy of people with HIV. People with HIV have to take daily medication for the rest of their lives.

Other sexually transmitted infections (STIs) can also damage your health. This makes the detection of STIs so important. Because in most cases STIs can be easily treated with medication, for example antibiotics.

Sexual health, autonomy and diversity

Condoms for sexual health



ENGLISH



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How to use an internal condom (female condom) during vaginal sex



1. Carefully open and remove the condom from the package. Do not damage the condom with your fingernails or jewellery.



2. The flexible, inner ring with closed end is used for placing the condom in the vagina and holding it in place. The thin outer ring remains outside of the body, covering the labia (outer lips).



3. Find a comfortable position (e.g. sitting or lying down). Squeeze the sides of the inner ring together with your thumb and forefinger and insert the squeezed inner ring as far as possible into the vagina (similarly to inserting a tampon).



4. Position the inner ring by inserting your middle finger into the condom until you can feel the rear end of the inner ring. Push the inner ring as far up as it will go. Do not tear/damage the condom with your fingernails or jewellery. The condom has been inserted correctly if the inner ring is positioned behind the pubic bone and can hardly be felt (like a tampon).



5. Be sure that the condom is not twisted and that the outer ring remains outside the vagina.



6. Guide the penis by hand into the opening of the condom. Stop intercourse if you feel the penis slip between the condom and the walls of the vagina or if the outer ring is pushed into the vagina.



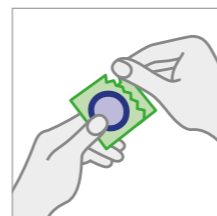
7. After sex, gently remove the condom by carefully twisting the outer ring in order to ensure that the semen or pre-cum stays inside the condom. Pull the condom out of the vagina.



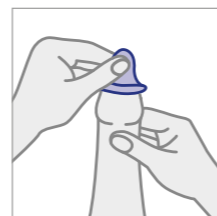
8. Throw the used condom in the rubbish bin. Do not reuse the condom. Do not flush it down the toilet.

Pictures taken from the website of CDC (2022), <https://cdc.gov/condomeffectiveness/>

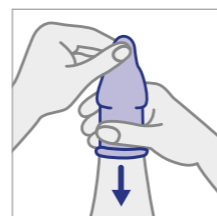
How to use a condom during vaginal or anal sex



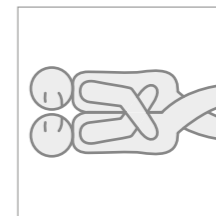
1. Opening the condom wrapper
Carefully open the foil packaging along the zig-zag edge and take out the condom with your fingers. Make sure not to tear the condom with your fingernails or jewellery.



2. Putting on the condom, squeezing the reservoir tip of the condom with two fingers
You can put on the condom as soon as the penis is erect. Hold the tip of the condom between your forefinger and thumb. Place the condom over the tip of the hard penis before the first contact between penis and vagina or penis and anus.



3. Unrolling the condom
While squeezing the reservoir tip of the condom with one hand use your other hand to roll the condom down over the entire penis. If it is difficult to unroll the condom you are probably using it inside out. Do not flip and reuse the condom as this might transfer body fluids from one person to another. Start over with a new condom and check the direction of the roll. It might be helpful to practice using a condom beforehand. Condoms are available in different sizes. Optimum protection is ensured when the condom is neither too loose nor too tight.



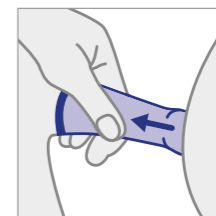
4. Having sex, checking the condom during use

It is important to make sure that the condom stays in place while you are having sex. You should always use additional lubricant for anal sex or if the vagina is dry. First roll the condom over the penis. Then put enough lubricant on the penis. This makes it easier to insert the penis with a condom on it. This is more pleasant for many people. The lubricant also protects the condom.

Maybe you and the other person want to switch between vaginal sex and anal sex. Then you first have to change the condom in between switching.

You can usually get lubricants in the same shops as the condoms.

Please note: Good lubricants are water-based or silicone-based. Never use fat-based lubricants such as vaseline, baby oil, body lotion, massage oil, butter or margarine as they will damage the condom.



5. Holding the condom in place when withdrawing

The penis should be carefully withdrawn from your partner's body after ejaculation, once it starts to lose its erection or when the condom slips or feels too tight. When pulling the penis out of your partner's body hold onto the rim of the condom to prevent it from slipping.



6. Disposing of the condom after single use

Carefully roll off the used condom, wrap it in tissue and throw it in a rubbish bin. Do not flush it down the toilet. Do not reuse the condom.