

Using Condoms:

- One condom at a time
- Two condoms lead to condom damage
- Use only water based lubricants
- Always use lubricants for anal sex
- A new Condom should be used for each sexual act (vaginal, oral, anal sex)
- If you are allergic to rubber use polyurethane condoms
- Do not use lubricants with polyurethane condoms



If you have a sexual health problem related to sexually transmitted diseases please visit the nearest STD clinic

Government Hospitals with STD Clinics

Colombo Central Clinic
011-2667163, 011-2696433

Ampara	- 063-2224239	Kilinochchi	- 021-2285327
Anuradhapura	- 025-2236461	Kurunegala	- 037-2224339
Badulla	- 055-2222578	Mannar	- 023-2250573
Balapitiya	- 091-2256822	Matale	- 066-2222261
Batticaloa	- 065-2222261	Matara	- 041-2232302
Chilaw	- 032-2220750	Monaragala	- 055-2276826
Embilipitiya	- 047-2230261	Mahamadara	- 091-2245998
Galle (Mahamadara)	- 091-2245998	Mahiyangana	- 055-2257261
Gampaha	- 033-2234383	Negombo	- 031-2222261
Hambantota	- 047-2222247	Nuwara-Eliya	- 052-2222261
Jaffna	- 021-2217756	Polonnaruwa	- 027-2225787
Kalubowila	- 011-4891055	Ragama	- 011-2960224
Kalmunai	- 067-2223660	Ratnapura	- 045-2226561
Kalutara	- 034-2236937	Trincomalee	- 026-2222563
Kandy	- 081-2203622	Vavuniya	- 024-2224575
Kegalle	- 035-2231222	Wathupitiwala	- 033-2280261

Inquiries:

NATIONAL STD/AIDS CONTROL PROGRAMME

No. 29, De Saram Place, Colombo 10.

Tel: 011 2667163

Fax: 011 5336873, 2682859

E-mail: info@aidcontrol.gov.lk

Web: www.aidcontrol.gov.lk

Coordination:

MULTI-SECTORAL UNIT

NATIONAL STD/AIDS CONTROL PROGRAMME

Tel: 011 2687625

E-mail: multiunitnsacp@yahoo.com

Love & Happiness



Safety, Protection, Love & Happiness

Dual protection through condoms



**NATIONAL
STD/AIDS
CONTROL
PROGRAMME**

Why Should I Wear a Condom as I am Already Infected With HIV?

- Helps to remain healthy by preventing STDs
- Prevent transmitting drug resistant strains of HIV
- Helps to protect your negative partner

CONDOMIZE

Stay Healthy & Be Safe Use Condoms Correctly and Consistently

- Condoms can be purchased over the counter
- STD clinics provide free condoms along with sexual health services
- STD clinics offer testing, counselling and medical treatment free of charge
- The staff are specially trained to safe guard confidentiality

How Can You Achieve Happiness & Love Through Condoms?

- Preventing unwanted pregnancies
- Protecting individuals from getting STDs and HIV



Can I Keep Condoms Without any Problem?

Yes

It is considered as a medical device

Can I Choose Different Condoms?

Yes

- From the market
 - Different colors
 - Different flavors
 - Different textures



are available

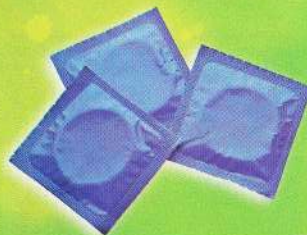
Does It Reduce My Sexual Pleasure?

Not at all

It enhances sexual pleasure as it helps prolong the sexual act

How Can I Keep Condoms?

- In a cool dry place
- Away from sun light



How Can I Wear a Condom Correctly?

- Check the expiry date.
- Check whether the condom is of good quality (packet should be air sealed)

Step 1

- Open the condom wrapper using the easy tear edges (avoid scissors, teeth or any other sharp instrument).
- Determine which way the condom is rolled out. (Rolling edge should be facing out)

Step 2

- Make sure that the tip of the condom is pointing outwards.
- Wear the condom once the penis is fully erect and before having any sexual contact.



- Squeeze the tip so it would avoid an air pocket being created. This will create a place for semen to collect and will prevent condom rupture.

Step 3

- Condom should be rolled down to the full length of the penis.
- Apply lubricants over the condom if the condom is not lubricated

Step 4

- After ejaculation, before the penis become flaccid need to withdraw the penis while holding from the base of the condom
- Use a piece of tissue to prevent contact with sexual secretions and remove the condom without spilling the sperms
- Tie a knot at the open end and wrap it in a tissue and throw it in to a dust bin
- Do not flush it down the toilet



Where can I get condoms?

Free Condoms

1. STD clinics / Family planning clinics
2. Public Health Inspectors
Public Health Midwives

From Commercial sector

Super markets, Pharmacies & Boutiques