

# External and Internal Contraceptives

Barrier Methods



## Effectiveness of Condoms

- Condoms are highly effective in providing protection and prevention against sexually transmitted infections and HIV, when used consistently and correctly. Using condoms may also reduce the risk for genital human papillomavirus (HPV) and other HPV-associated diseases.

# Ways of Transmission

- STIs including gonorrhea, trichomoniasis, as well as HIV are transmitted when urethral or vaginal secretions, come into contact with their partner's mucosal surfaces including the male urethra, the vagina, or the cervix.

## Ways of Transmission Cont..

- STIs, involving genital ulcers or other sores/warts such as genital herpes, syphilis, and HPV, infections are primarily transmitted through the contact with infected skin or mucosal surfaces.

# Barrier method and Condom usage

- According to the Centers for Disease control and Prevention (CDC), laboratory studies have demonstrated that latex condoms provide an essentially impermeable barrier to particles the size of STIs and HIV.



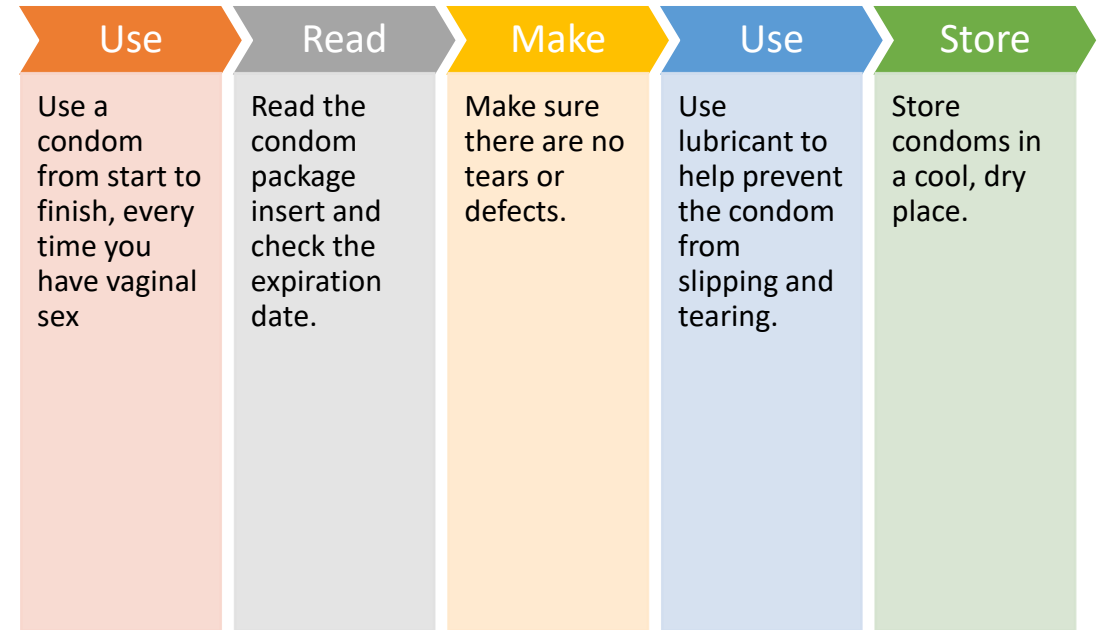
# Internal Condoms

Female condoms, also referred to as condoms for individuals with a vagina (Internal condoms)

The right way to use an internal condom

Internal condom Dos and Don'ts

# Do's



# Don'ts

1

Use a male condom with a female condom, as this can cause tearing.

2

Reuse condoms

3

Flush condoms





# How to use Internal Condoms

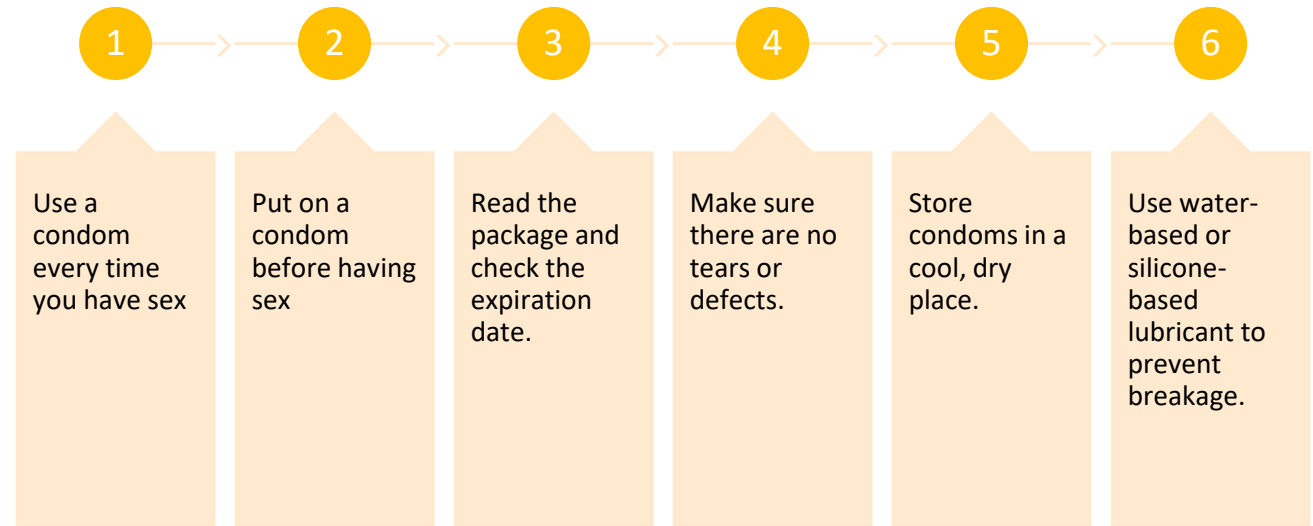
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- <https://www.youtube.com/watch?v=pbPVkTpQnUo>



# External Condoms

- Male condoms (External condoms), also referred to as condoms for individuals with a penis.
- External Condom Dos and Don'ts

# Do's



# Don'ts

Store	Store condoms in your wallet as heat and friction can damage them.
Use	Use nonoxynol-9 (spermicide), as it can cause irritation.
Use	Use oil-based lubricants like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break.
Use	Use more than one condom at a time.
Reuse	Reuse a condom



How to  
properly use  
an external  
condom

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- [https://www.youtube.com/watch?v=fbo9\\_0lgcFA](https://www.youtube.com/watch?v=fbo9_0lgcFA)

# Dental Dams

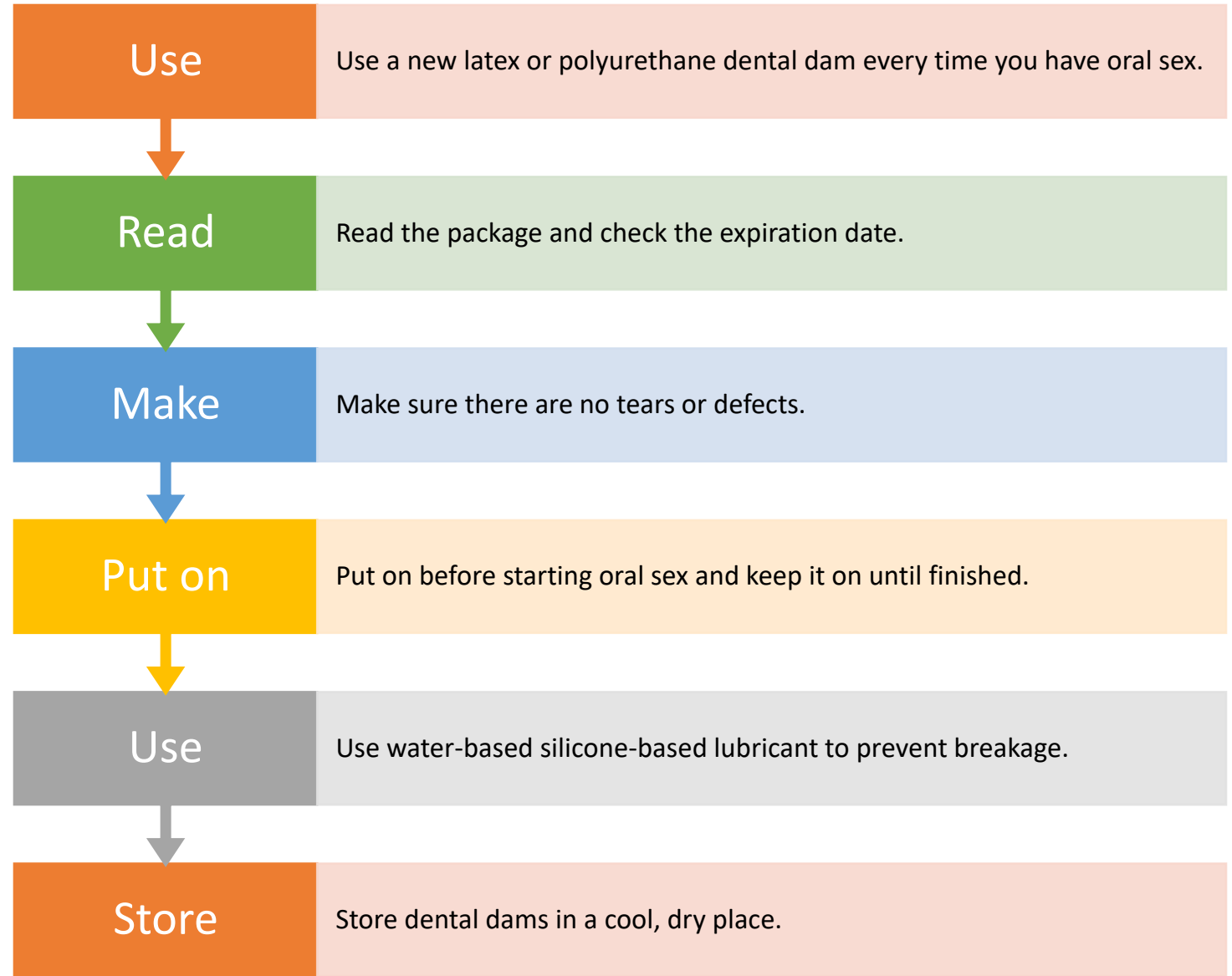
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Dental dams are latex or polyurethane sheets and are used between the mouth and the vagina or the anus during oral sex.

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Do's and Don'ts

# Do's



# Don'ts

Reuse	Reuse a dental dam
Stretch	Stretch a dental dam, this may cause it to tear
Use	Use nonoxynol-9 (spermicide), which can cause irritation
Use	Use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the dental dam to break
Flush	Flush dental dams down the toilet as they may clog it.





# How to use a Dental Dam

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- <https://www.youtube.com/watch?v=Ib4YL7Xhzbc>



## References:

- <https://www.cdc.gov/condomeffectiveness/Dental-dam-use.html>
- <https://www.cdc.gov/condomeffectiveness/internal-condom-use.html>
- <https://www.cdc.gov/condomeffectiveness/external-condom-use.html>
- [https://www.cdc.gov/condomeffectiveness/docs/Condoms and STDS.pdf](https://www.cdc.gov/condomeffectiveness/docs/Condoms_and_STDS.pdf)