

External Condom

The external condom is the best-known barrier method used to cover the penis during sexual activity.

The external condom helps prevent pregnancy and provides protection against sexually transmitted infections (STIs) when used correctly. It is also recommended for covering sex toys.

There is a wide variety of external condoms, including latex-free, textured, flavored, pre-lubricated, snug-fit, and colored condoms.



Access this digital version and other downloadable educational resources.

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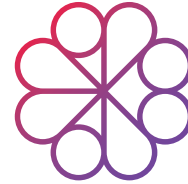
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Prevention Material

Internal Condom

The internal condom is made of thin, strong, and flexible plastic, with a ring at each end. It is made of nitrile, is safe for people with latex allergies, and contains silicone-based lubricant.

The internal condom is not affected by moisture or changes in body temperature, so it can be inserted up to two (2) hours before sexual activity. It can also be used with sex toys.

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Dental Dam

This flexible barrier is an ideal option for performing oral sex on the vulva or anal area. It prevents direct contact between the mouth or tongue and vaginal fluids, rectal secretions, or blood, helping prevent the transmission of sexually transmitted infections (STIs). It may also help reduce concerns about unwanted odors and tastes.

For greater effectiveness, it is recommended that the person receiving oral sex also hold the barrier to help keep it in place.



Finger Cot

It is a flexible barrier that covers the fingers while stimulating another person's vulva or anus. A finger cot can cover any wound, such as a visible opening or cut, on the finger, helping prevent the transmission of sexually transmitted infections (STIs).

A finger cot can also be used to cover the nails and help prevent injury or discomfort during insertion. In addition, it provides the tactile sensitivity that many people enjoy during sexual activity. It can even be used on small sex toys or vibrators to help prevent infection through fomites, which is the transmission of an infection through an object.



Lubricant

Lubrication is an important part of sex; it makes sexual activity safer and more pleasurable. Using lubricant can increase the protection provided by preventive barrier methods.

Sometimes, natural lubrication is not sufficient, and protective barriers may break, slip off, or feel uncomfortable. To prevent this, water-based, silicone-based, or hybrid lubricants may be used. Flavored lubricants are also available for oral sex.

Household products such as oils, moisturizers, petroleum jelly, butter, or similar products should not be used, as they are not recommended by healthcare professionals.

ADDITIONAL RECOMMENDATIONS

- Check the expiration date.
- Use a new barrier method for each sexual act and with each person.
- Store them in a cool, dry place.
- Avoid exposing them to direct sunlight.

Contraceptive Methods to Prevent Pregnancy



- Birth control pills



- Vaginal ring



- Intrauterine Device: Copper or Hormonal



- Hormonal patch