



WHO WE ARE

Healing To You provides comprehensive medical and mental health services to adults and children impacted by domestic violence and sexual assault.

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Barrier Methods of Contraception

Condoms & Dental Dams



Cal OES
GOVERNOR'S OFFICE
OF EMERGENCY SERVICES

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HOW TO USE A CONDOM

Condoms are thin cover made of rubber or plastic that are used as a barrier between bodies during sexual activity to prevent pregnancy and reduce the risk of HIV and sexually transmitted infections (STIs). They can be used for vaginal, anal, or oral sex.

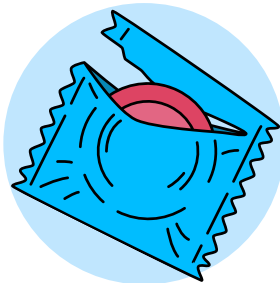


STEP 1

Wait for your penis to become fully erect

STEP 2

Carefully tear open the condom package.



STEP 3

Place the condom on your penis while pinching the top of the condom to remove air and make space for semen.



STEP 4

Roll the condom all the way down your penis. Smooth out any bubbles.



HOW TO USE A DENTAL DAM

A dental dam is a thin, flexible, square sheet of latex or polyurethane that can be used to reduce the risk of spreading sexually transmitted infections (STIs) during oral sex. It acts as a barrier between the mouth and the partner's genitals or anus, blocking body fluids that can contain bacteria and viruses.



STEP 1

Carefully open dental dam and remove from package.

STEP 2

Place dental dam flat to cover vaginal opening or anus.



STEP 3

Throw away used dental dam in the trash.