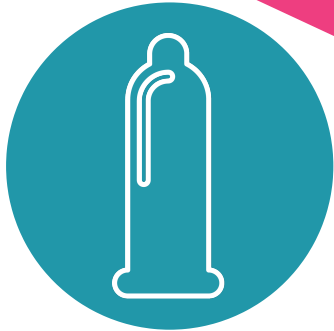


ALL ABOUT BARRIERS

Types of barriers include condoms, dental dams, gloves, and finger cots.

Barriers can be used for penetrative and oral sex to reduce unintended pregnancy and/or reduce the risk of sexually transmitted infections (STIs).



MALE CONDOMS (EXTERNAL CONDOMS)

- Use for penetrative & oral sex
- Prevents pregnancy & STIs
- Latex-sensitive? Use polyurethane or polyisoprene condoms



FC2 FEMALE CONDOMS (INTERNAL CONDOMS)

- Use for penetrative sex
- Prevents pregnancy & STIs
- Latex-free (made out of nitrile)



DENTAL DAM (LATEX ONLY)

- Use for oral sex
- Prevents STIs
- Create a latex-free dam by cutting a latex-free condom lengthwise

USING BARRIERS

- Use a new barrier everytime, for every sex act.
- Unsure how to use each one? Visit [cdc.gov/condomeffectiveness](https://www.cdc.gov/condomeffectiveness) for illustrated instructions
- Use a water-based or silicone lubricant (lube) with barriers to prevent tearing or discomfort.
- Never use oil-based lube with barriers (ex. baby oil, cooking oil, Vaseline)