

Safe Sex and Condoms

If you are sexually active, it is important that you understand the basics when it comes to safe sex and condoms. Through this article, you are provided an overview of safe sex and condoms, an overview of what you need to know in order to stay healthy when you are a sexually active adult in this day and age.

The first step that you need to take when it comes to safe sex and condoms is to make sure that you purchase the right type of protection. In this regard, your best option is to select latex condoms. Indeed, there are other types of condoms made from other substances that simply do not provide you appropriate protection against sexually transmitted diseases.

Once you have made sure that you have purchased the right type of condoms – again, latex condoms – you will then need to make certain that you use these condoms correctly. In other words, safe sex and condoms requires that you follow the directions that will be made available to you on the box or package to make sure you are protecting yourself as best as you can.

Of course, when it comes to safe sex and condoms, you also need to make sure that you do not use an expired condom, a condom that has exceeded the expiration date. In addition, if you use lubricants during sex, you need to make sure that you use only a water based lubricant when using condoms. Other types of lubricants – including baby oil and lotions – can cause a condom to degrade or break more easily, not providing you the protection that you really need and desire.

In regard to safe sex and condoms you also need to make certain that you use condoms during all phases of your sexually activity. Many people still only use condoms during vaginal or anal intercourse but not during other sexual activity like oral sex. The fact is that you are best protected by using condoms all the while you are engaged in sexual activity with a partner.

You need to keep in mind, when considering safe sex and condoms, that condoms are not 100% effective when it comes to preventing sexually transmitted diseases. Condoms are the best protection against sexually transmitted disease short of not having sex at all. However, there are rare instances when condoms fail to prevent the spread of sexually transmitted diseases. However, if you follow the suggestions in this article, you will be on the best course towards making sure that condoms do effectively protect you against sexually transmitted diseases.

Beyond safe sex and condoms, it is also important that you know the sexual history of any of your partners. Of course, you can never be absolutely certain if you are obtaining accurate information. However, it is important that both you and your partner be as candid as possible about your sexual history.

In addition, if you are sexually active, it is important that you obtain regular testing for sexually transmitted diseases. Most experts recommend that you obtain this type of testing at about six month intervals. By obtaining regular testing, you will be in the best position to monitor the onset of any sexually transmitted disease and to deal with appropriately any disease that you may become infected with at some point in time.

For more information visit: [Safe Sex and Condoms: The Basics](#)

About the Author

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