

Condom Application Instructions

1. Carefully open package; avoid tearing.
2. Put the condom on an erect penis (before any vagina, oral or anal contact)
3. Squeeze the air out of the tip of the condom
4. Roll condom down to the base of the penis*
5. Engage in sexual activity
6. While still erect, hold the condom in place while withdrawing the penis
7. Throw condom away - use a receptacle - do not flush down the toilet.

* if the condom does not unroll easily, it is probably on inside out - start again with a new condom as it may have come into contact with sperm



Promoting Sexual Health
in the Bow Valley
bowvalleypcn.ca

revised March 2021

Protect yourself from sexually transmitted infections (STIs) & Pregnancy:

- Always use a condom when you have sex (vaginal, oral, anal)
- Always use a second form of birth control

Get tested for STIs:

- Before you have sex with a new partner
 - If you or your partner have never been tested
 - If you know your current or past partner has/had an STI
 - At least 1x/year if you are sexually active*
 - If you have symptoms
- ***Often STIs have NO symptoms***

Contact a local medical clinic to get tested:

Alpine Medical Clinic ¹	403-762-3155
Bear Street Family Physicians ¹	403-762-4846
Canmore Associates ² Medical Clinic	403-762-5585
Lake Louise Medical Clinic ³	403-522-2184
Mountain Maternity ² & Family Medicine	403-675-3088
Ridgeview Medical Centre ²	403-609-8333
Stoney Health Services ⁴	403-881-3920
Three Sisters Family ² Medicine	403-609-9095

1 Banff 2 Canmore 3 Lake Louise 4 Morley

Resources / Supports

Alberta One Line for Sexual Violence	1-866-403-8000
Bow Valley Addiction & Mental Health (Counselling services 5 days/week)	403-678-4696
Banff YWCA Harmony Project	403-760-3200
Bow Valley Victim Services	403-760-0197
Calgary STI Clinic	1-403-955-6700
Distress Line (24 hours: available in 200 languages)	1-403-266-4357
Health Link Alberta: STI/HIV Info Line (24 hours; talk to a nurse)	811
Kensington Clinic Calgary (pregnancy options counselling)	1-403-283-9117

Walk-in Mental Health Counselling at
Banff Hospital 403-762-2222 & Canmore
Hospital 403-678-5536 from 2-9 pm daily

Online Resources

bowvalleypcn.ca
bowvalleyvictimsservices.org
sexandu.ca
sexgerms.com
myhealth.alberta.ca/811