

## Condom Application Instructions

- 1 Ensure condom is not damaged and not expired.
- 2 Carefully open and remove condom from wrapper.
- 3 Place condom on an erect penis before any sexual contact with your partner.
- 4 If applicable, before putting on the condom, pull back the foreskin.
- 5 Pinch air out of the tip of the condom as you place it on the erect penis.
- 6 Hold onto tip of condom as you unroll it to the base of the penis.
- 7 After ejaculation, hold onto condom base & withdraw from partner while still erect.
- 8 Put condom in bin & wash your hands. (never flush condom down the toilet).



Promoting  
**Sexual Health**  
in the Bow Valley

## Get Tested for STIs

- Before you have sex with a new partner(s)
- If you know or suspect you've been exposed to an STI
- If you or your partner(s) are higher-risk drug users
- If you or your partner(s) are experiencing any symptoms (\*Often STIs have NO symptoms\*)
- At annual check-up with your primary healthcare provider

## Bow Valley Medical Clinics

Go to your primary healthcare provider or contact a walk-in clinic\*

### **BANFF**

Alpine Medical Clinic\*: 403-762-3155

Bear Street Family Physicians: 403-762-4846

### **CANMORE**

Ridgeview Medical Centre\*: 403-609-8333

Bow Valley PCN Clinic: 403-675-3000

Canmore Associates Medical Clinic: 403-678-5585

Mountain Maternity & Family Medicine: 403-675-3088

### **LAKE LOUISE**

Lake Louise Medical Clinic: 403-522-2184

### **MINI THNI**

Stoney Health Services: 403-881-3920

## Protect Yourself

Prevention is key; talk about STIs and safe sex practices with every partner, check that you are up-to-date with vaccinations against Hepatitis and HPV, use condoms and/or oral dams to protect yourself and your partner(s), and always use a second form of birth control to prevent pregnancy.

## Resources/Supports

Calgary STI Clinic: 1-855-945-6700 Ext: 1

Alberta One Line for Sexual Violence: 1-866-403-8000

Banff YWCA/Harmony Project 1-403-760-3200

Free support to those impacted by sexualised violence: 24-hr crisis line

Kensington Clinic Calgary: 1-403-283-9117

Abortion Health Clinic

AHS Access Mental Health: 1-844-943-1500

Bow Valley Counselling Services, 5 days/week

Calgary Distress Centre: 1-403-266-4357

Walk-In Mental Health Services. Daily: 2 PM to 9 PM

Banff Hospital: 403-762-2222

Canmore Hospital: 403-678-5536

## Online Resources

- [ahs.ca/srh](http://ahs.ca/srh) ▪ [bowvalleypcn.ca/sexualhealth](http://bowvalleypcn.ca/sexualhealth)
- [bowvalleyvictimsservices.org](http://bowvalleyvictimsservices.org) ▪ [gofreddie.com](http://gofreddie.com)
- [centreforsexuality.ca](http://centreforsexuality.ca) ▪ [sexandu.ca](http://sexandu.ca)
- [ywcabanff.ca/programs-services/harmony-project](http://ywcabanff.ca/programs-services/harmony-project)