PRESS RELEASE FOR LOCAL MEDIA
Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"
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To: Local Media Outlets

From: Kelly Kjolhede, Health Educator, Medical Case Manager, Social Worker

RE: National Condom Week

Release Date: February 2018

National Condom Week

National Condom Week is February 14th through February 21st. Consistent and correct condom use promotes safer sex and overall sexual health. Play it safe to prevent sexually transmitted diseases.

With Valentine's Day just around the corner, it is important to acknowledge another upcoming holiday. National Condom Day is also celebrated Wednesday, February 14th, with National Condom Week being recognized from February 14th through February 21st. Although light-hearted, this holiday sends a very important message about the significance of safer sex. Remember, that no matter how strong, love still needs distance. So, while you're out buying chocolates or flowers, make sure you stop by the condom aisle.

The history of condoms dates back as far as 3000 BC. Throughout the years, they have been fashioned from a variety of materials, including sheep or lamb intestines, oiled silk paper, and fine leather. The invention of latex in the 1920's led to the condoms we are now familiar with. Since then, condoms have evolved to include a wide range of sizes, textures, flavors, and colors to suit all needs and desires. Female condoms, as well as polyurethane condoms (for those with latex sensitivities), are also options.

Although the material of the condom has changed with time and technology, their purpose of preventing sexually transmitted diseases (STDs), HIV, and unplanned pregnancies has remained the same. When used consistently and correctly the use of condoms greatly reduces (but does not eliminate) the transmission of STDs and HIV. The only way to completely prevent STDs, HIV, and unplanned pregnancy is abstinence. If that option is not for you, practicing safer sex through condom use is the best way to protect yourself and your partners.

According to the Centers for Disease Control and Prevention, Michigan reported 45,936 cases of Chlamydia, 12,450 cases of Gonorrhea, and 1092 cases of Syphilis in 2016. An estimated

725 new cases of HIV were diagnosed in adolescents and adults in Michigan in 2015. With consistent and correct condom usage or abstinence, these diseases are mostly preventable. Even with condom use everyone who is sexually active should be screened regularly for STDs and HIV.

For more information on condoms and their proper use, and/or STDs, please contact one of our Central Michigan District Health Department (CMDHD) locations and we will be happy to assist with any questions, concerns, or testing that you may need. Always remember that all sex should be safer sex.

CMDHD offers STD screening and pregnancy tests as well as education and will be offering FREE condoms throughout National Condom Week.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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