



# Central Michigan District Health Department

*Promoting Healthy Families, Healthy Communities*



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## PRESS RELEASE FOR LOCAL MEDIA

**To: Local Media Outlets**

**From: Shelby Pasch, Health Promotion Supervisor**

**RE: National Condom Week (February 14 – February 21)**

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### National Condom Week

*National Condom Week is recognized beginning February 14<sup>th</sup> for 8 days. Using condoms allows people to take responsibility for their own protection. Play it safe to prevent sexually transmitted diseases.*

**Central Michigan District Health Department (CMDHD) offers STD screening and pregnancy tests as well as education and always offers condoms for free.**

With Valentine's Day just around the corner, it is important to acknowledge another upcoming holiday, National Condom Day that is also celebrated Monday, February 14<sup>th</sup>. Although light-hearted, this holiday sends a very important message about the significance of safe and healthy sexual relationships. So, while you're out buying chocolates or flowers, make sure you stop by the condom aisle or your local health department.

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 1920s 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. Internal 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.

*Please visit us at our website [www.cmdhd.org](http://www.cmdhd.org)*

According to the State of Michigan, the number of reported cases of STDs has slightly decreased, most likely due to the decrease in testing since the beginning of the COVID-19 pandemic. Michigan reported 44,833 cases of Chlamydia, 23,414 cases of Gonorrhea, and 783 cases of Syphilis in 2020. According to Centers for Disease Control and Prevention, approximately 36,801 people received an HIV diagnosis in the United States in 2019. With consistent and correct condom usage or abstinence, these diseases are mostly preventable. Along with condom use for everyone who is sexually active, regular STI and HIV screening is recommended.

For more information about 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.

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](http://www.cmdhd.org), LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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