



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

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National Condom Week

National Condom Week is recognized for 8 days, beginning February 14th. 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 family planning education, STI screening, pregnancy tests, and free condoms.

National Condom Week was initiated to raise awareness of the importance of practicing safe and protected sex. With Valentine's Day just around the corner, it is important to acknowledge another upcoming holiday, National Condom Day, which is also celebrated Monday, February 14th. 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 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. Condoms are one of the few contraceptive methods that provide 98% protection from sexually transmitted infections and unplanned pregnancies.

Although the material of the condom has changed with time and technology, its purpose of preventing sexually transmitted infections (STIs), HIV, and unplanned pregnancies has remained the same. When used consistently and correctly, condoms greatly reduce (but do not eliminate) the risk of transmission of STIs and HIV. The only way to completely prevent STIs, 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

Michigan Department of Health and Human Services (MDHHS) reported that during 2021, there were about 57,000 people in Michigan diagnosed with one or more reportable STIs. 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 screenings should be performed.

For more information about condoms and their proper use, and/or STIs, please contact one of our 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 and follow [Central Michigan District Health Department](#) on Facebook.

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