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Play it safe with your Valentine, this National Condom Day

If you’re sexually active, it’s time to get comfortable buying, carrying, talking about and using condoms.

That’s the message Sunshine Coast Hospital and Health Service’s (SCHHS) Director of Sexual Health and HIV Services (Clinic 87), Dr Kuong Taing, is helping to promote for this year’s National Condom Day (14 February).

National Condom Day falls on Valentine’s Day, an ideal opportunity to promote healthy relationships, and remind people about the risks of sexually transmissible infections (STIs) and unplanned pregnancies.

“Safe sex means caring for both your own health, and the health of your partner,” Dr Taing said.

“Practising safe sex by using condoms is the only method of contraception that protects against both STIs and unplanned pregnancy.

“Even if you’re using other contraception methods like the pill, intrauterine contraceptive device (IUCD) or a diaphragm, always use condoms as well, to protect yourself from catching or passing on an STI,” he said.

Dr Taing said if you are sexually active, it’s important you visit a doctor regularly to have sexual health checks, even if you feel nervous about it.

The SCHHS Sexual Health and HIV Services (Clinic 87) specialises in sexual health and HIV management services for the Sunshine Coast and surrounding areas.

The service is staffed by experienced and qualified sexual health doctors, infectious disease doctors, immunologists and sexual and reproductive health nurses.

Referrals are welcome from your health provider, but not necessary to visit the clinic. To make an appointment call 5470 5244.

Clinic 87 is located on the first floor, 80-82 Blackall Terrace, Nambour. The service also operates outreach clinics in Caloundra, Noosa and Gympie.

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Media contact: Kirsty Olsen | phone 5470 6616 | 0408 713 747

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