



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"

For more information, please call: (989) 773-5921 ext. 8409
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

To: Local Media Outlets
From: Dan Lowery, Health Educator
RE: National Condom Week
Release Date: February 2015

National Condom Week

National Condom Week is February 14-21, 2015. Consistent condom use promotes safer sex and sexual health. Play it safe to prevent sexually transmitted diseases.

National Condom Week is being observed February 14th thru 21st starting on Valentine's Day and lasts until the next weekend. Hopefully your relationship lasts longer. The condom companies always ramp up production before the start of this week, keeping pace with Hallmark®, florists, chocolatiers, and jewelers.

Condoms have been in use for centuries, and included being made from oiled silk paper, linen sheaths, tortoise shells, animal horns, sheep intestines, and rubber according to Wikipedia. The latex condom in use today is made from the sap collected from a rubber tree. One of the common non-latex condoms are polyurethane condoms and are made out of plastic. While historically condoms were made from different materials, their purpose has largely remained the same; practice safe sex to avoid contracting sexually transmitted diseases (STDs) and unplanned pregnancies.

People are sexual beings, be they male, female, transgender, straight, bisexual, or gay. Anyone who is sexually active is potentially at risk for getting or transmitting an STD when they have sex with someone else whether young or old. It seems that they have it right in the "land down under" since Australia has its Sexual Health Awareness Week during this time. The message fits like a glove, use condoms for safer sex and be aware of the importance of your sexual health.

According to Michigan Department of Community Health, Michigan in 2013 reported 45,091 cases of chlamydia-the most common STD, 10,553 cases of gonorrhea, and 1,083 cases of syphilis. Chlamydia and gonorrhea rates are highest among the 15 to 24 year old population. It is

estimated that there are 21,300 persons living with HIV of which 16,750 have been reported. Approximately 4,550 people are suspected to have HIV and may not realize it and could pass it on to their partners. It is a sad reality that with consistent condom usage or abstinence, these diseases would largely be preventable. Everyone who is sexually active should be screened regularly as early detection is key to preventing the spread of STDs.

Central Michigan District Health Department (CMDHD) wants to inform the public of sexual health awareness and to promote condom usage and safe sex. Remember, the card and gifts you may give on Valentine's Day will be wrapped, something to think about when remembering it is also the start of National Condom Week!

For more information on condoms, the proper use of condoms, STDs and pregnancy information call one of the local health department branch offices and someone will be of assistance to you.

Arenac County: (989) 846-6541 ext. 8409

Isabella County: (989) 773-5921 ext. 8409

Clare County: (989) 539-6731 ext. 8409

Osceola County: (231) 832-5532 ext. 8409

Gladwin County: (989) 426-9431 ext. 8409

Roscommon County: (989) 366-9166 ext. 8409

CMDHD offers STD screening and pregnancy tests, as well as education. **CMDHD will be offering free condoms during the week of February 9th through February 13th.**

If you would like an opportunity to get involved to prevent sexually transmitted diseases or unplanned pregnancies, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan area. For more information LIKE Together We Can Health Improvement Council on Facebook, visit our website at www.together-we-can.org or email us at TogetherWeCan@cmdhd.org.

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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