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## **Why National Condom Day might be more important than Valentine's Day**

National Condom Day is 14 February, a day to promote healthy sexual relationships and encourage the use of condoms. Condoms are not only a form of contraception but are also able to protect against STIs. With national rates of STIs rising it's important that people understand the benefits of condoms. The benefits of condoms include reducing the risk of unplanned pregnancy and reducing the risk of STIs. They are also available without prescription and are easy to obtain.

Natasha Miliotis SHINE SA's Chief Executive said:

“Valentine's Day is also National Condom Day - which reminds us that around one in five young people have chlamydia, but up to 75% will have no symptoms. Condoms and regular testing protect you and your sexual partner against STIs. We encourage all young people to use condoms as well as get regular sexual health checks from a GP or at our SHINE SA clinics.”

SHINE SA has free condoms at our clinic reception desks and offer free sexual health checks for people under 30.

To find a SHINE SA clinic visit: [www.shinesa.org.au/find-clinic/](http://www.shinesa.org.au/find-clinic/)

To read our latest Fact Sheet on condoms visit: [www.shinesa.org.au/health-information/contraception/condoms/](http://www.shinesa.org.au/health-information/contraception/condoms/)

For further information please contact Tracey Hutt, 0434 937 036.