|  | <!DOCTYPE html> |
| --- | --- |
|  | <html lang="en" dir="ltr"> |
|  | <head> |
|  | <meta charset="utf-8" /> |
|  | <script async src="<https://www.googletagmanager.com/gtag/js?id=G-Q15C3RFXR5>"></script> |
|  | <script>window.dataLayer = window.dataLayer || [];function gtag(){dataLayer.push(arguments)};gtag("js", new Date());gtag("set", "developer\_id.dMDhkMT", true);gtag("config", "G-Q15C3RFXR5", {"groups":"default","page\_placeholder":"PLACEHOLDER\_page\_location"});gtag("config", "UA-1254336-21", {"groups":"default","anonymize\_ip":true,"page\_placeholder":"PLACEHOLDER\_page\_path"});</script> |
|  | <meta name="description" content="External Condoms External condoms are effective at preventing the spread of STIs and HIV, as well as unplanned pregnancy. They come in many styles and sizes: grab one of our sizing kits and experiment! Remember to use a new condom every time you have sex that involves oral, vaginal, or anal sex with a penis or penetrative sex toy. You can even make dams from external condoms to use during mouth-to-vulva or mouth-to-anus sex. All the condoms we offer are spermicide-free. Available brands and sizes" /> |
|  | <link rel="canonical" href="<https://health.uoregon.edu/protection-connection-safer-sex-guide>" /> |
|  | <meta name="Generator" content="Drupal 10 (https://www.drupal.org)" /> |
|  | <meta name="MobileOptimized" content="width" /> |
|  | <meta name="HandheldFriendly" content="true" /> |
|  | <meta name="viewport" content="width=device-width, initial-scale=1.0" /> |
|  | <meta name="msapplication-config" content="/modules/contrib/uo\_core/browserconfig.xml" /> |
|  | <link rel="icon" href="[/themes/contrib/uo\_cosmic\_theme/favicon.ico](https://health.uoregon.edu/themes/contrib/uo_cosmic_theme/favicon.ico)" type="image/vnd.microsoft.icon" /> |
|  | <link rel="icon" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/favicon-32x32.png](https://health.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/favicon-32x32.png)" /> |
|  | <link rel="icon" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/favicon-16x16.png](https://health.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/favicon-16x16.png)" /> |
|  | <link rel="apple-touch-icon" sizes="180x180" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/apple-touch-icon.png](https://health.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/apple-touch-icon.png)" /> |
|  | <link rel="manifest" href="[/modules/contrib/uo\_core/manifest.json](https://health.uoregon.edu/modules/contrib/uo_core/manifest.json)" /> |
|  |  |
|  | <title>Protection Connection Safer Sex Guide | University Health Services</title> |
|  | <meta name="theme-color" content="#154733"> |
|  | <meta name="msapplication-navbutton-color" content="#154733"> |
|  | <meta name="apple-mobile-web-app-status-bar-style" content="#154733"> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_dxu8c0qxAEc5boc1zie-IU0iW2l8OgDyPUi4o0Y8aVs.css?delta=0&amp;language=en&amp;theme=cosmic&amp;include=eJxtjksOwjAMRC\_U0CNFbjJtA3GMMqkqOD0lCz6Cnd\_MszRCovlUzgjN6hjIUxSuiD4nNn\_wIL\_KCslt7S1vbNBxEmIIRk3h61aQsoAHV4zFqkpOdwyb-Z7MVpqTHTR9h5u5HZOLYFqKm6sodqsXF0yvGa2Lxyh92U\_4\_\_K5pVjEAwupXOc](https://health.uoregon.edu/sites/default/files/css/css_dxu8c0qxAEc5boc1zie-IU0iW2l8OgDyPUi4o0Y8aVs.css?delta=0&language=en&theme=cosmic&include=eJxtjksOwjAMRC_U0CNFbjJtA3GMMqkqOD0lCz6Cnd_MszRCovlUzgjN6hjIUxSuiD4nNn_wIL_KCslt7S1vbNBxEmIIRk3h61aQsoAHV4zFqkpOdwyb-Z7MVpqTHTR9h5u5HZOLYFqKm6sodqsXF0yvGa2Lxyh92U_4__K5pVjEAwupXOc)" /> |
|  | <link rel="stylesheet" media="all" href="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Releases/24.07/v1/css/styles-drupal8.css>" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_wS2qgueN3P88mbsVS8-4EKaYtbsa2zBFDAAUbKMSYTM.css?delta=2&amp;language=en&amp;theme=cosmic&amp;include=eJxtjksOwjAMRC\_U0CNFbjJtA3GMMqkqOD0lCz6Cnd\_MszRCovlUzgjN6hjIUxSuiD4nNn\_wIL\_KCslt7S1vbNBxEmIIRk3h61aQsoAHV4zFqkpOdwyb-Z7MVpqTHTR9h5u5HZOLYFqKm6sodqsXF0yvGa2Lxyh92U\_4\_\_K5pVjEAwupXOc](https://health.uoregon.edu/sites/default/files/css/css_wS2qgueN3P88mbsVS8-4EKaYtbsa2zBFDAAUbKMSYTM.css?delta=2&language=en&theme=cosmic&include=eJxtjksOwjAMRC_U0CNFbjJtA3GMMqkqOD0lCz6Cnd_MszRCovlUzgjN6hjIUxSuiD4nNn_wIL_KCslt7S1vbNBxEmIIRk3h61aQsoAHV4zFqkpOdwyb-Z7MVpqTHTR9h5u5HZOLYFqKm6sodqsXF0yvGa2Lxyh92U_4__K5pVjEAwupXOc)" /> |
|  | <link rel="stylesheet" media="all" href="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Universal/stable-assets/fontawesome-free-6.5.1-web/css/all.min.css>" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_VoHmmkIYbJitb2PEw\_TjFwz-oC3hd4qix3FCSqdatJw.css?delta=4&amp;language=en&amp;theme=cosmic&amp;include=eJxtjksOwjAMRC\_U0CNFbjJtA3GMMqkqOD0lCz6Cnd\_MszRCovlUzgjN6hjIUxSuiD4nNn\_wIL\_KCslt7S1vbNBxEmIIRk3h61aQsoAHV4zFqkpOdwyb-Z7MVpqTHTR9h5u5HZOLYFqKm6sodqsXF0yvGa2Lxyh92U\_4\_\_K5pVjEAwupXOc](https://health.uoregon.edu/sites/default/files/css/css_VoHmmkIYbJitb2PEw_TjFwz-oC3hd4qix3FCSqdatJw.css?delta=4&language=en&theme=cosmic&include=eJxtjksOwjAMRC_U0CNFbjJtA3GMMqkqOD0lCz6Cnd_MszRCovlUzgjN6hjIUxSuiD4nNn_wIL_KCslt7S1vbNBxEmIIRk3h61aQsoAHV4zFqkpOdwyb-Z7MVpqTHTR9h5u5HZOLYFqKm6sodqsXF0yvGa2Lxyh92U_4__K5pVjEAwupXOc)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_MdjxP4whlhEksF3MZgP8n1FT4tcxrkXR\_f7zDmp7hjo.css?delta=5&amp;language=en&amp;theme=cosmic&amp;include=eJxtjksOwjAMRC\_U0CNFbjJtA3GMMqkqOD0lCz6Cnd\_MszRCovlUzgjN6hjIUxSuiD4nNn\_wIL\_KCslt7S1vbNBxEmIIRk3h61aQsoAHV4zFqkpOdwyb-Z7MVpqTHTR9h5u5HZOLYFqKm6sodqsXF0yvGa2Lxyh92U\_4\_\_K5pVjEAwupXOc](https://health.uoregon.edu/sites/default/files/css/css_MdjxP4whlhEksF3MZgP8n1FT4tcxrkXR_f7zDmp7hjo.css?delta=5&language=en&theme=cosmic&include=eJxtjksOwjAMRC_U0CNFbjJtA3GMMqkqOD0lCz6Cnd_MszRCovlUzgjN6hjIUxSuiD4nNn_wIL_KCslt7S1vbNBxEmIIRk3h61aQsoAHV4zFqkpOdwyb-Z7MVpqTHTR9h5u5HZOLYFqKm6sodqsXF0yvGa2Lxyh92U_4__K5pVjEAwupXOc)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_OBw4deLesGi-9ctq7ezmx7o\_U4NQ\_tZUH2sZHiPaDa0.css?delta=6&amp;language=en&amp;theme=cosmic&amp;include=eJxtjksOwjAMRC\_U0CNFbjJtA3GMMqkqOD0lCz6Cnd\_MszRCovlUzgjN6hjIUxSuiD4nNn\_wIL\_KCslt7S1vbNBxEmIIRk3h61aQsoAHV4zFqkpOdwyb-Z7MVpqTHTR9h5u5HZOLYFqKm6sodqsXF0yvGa2Lxyh92U\_4\_\_K5pVjEAwupXOc](https://health.uoregon.edu/sites/default/files/css/css_OBw4deLesGi-9ctq7ezmx7o_U4NQ_tZUH2sZHiPaDa0.css?delta=6&language=en&theme=cosmic&include=eJxtjksOwjAMRC_U0CNFbjJtA3GMMqkqOD0lCz6Cnd_MszRCovlUzgjN6hjIUxSuiD4nNn_wIL_KCslt7S1vbNBxEmIIRk3h61aQsoAHV4zFqkpOdwyb-Z7MVpqTHTR9h5u5HZOLYFqKm6sodqsXF0yvGa2Lxyh92U_4__K5pVjEAwupXOc)" /> |
|  |  |
|  | <script src="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Releases/24.07/v1/js/uowdf-init.js>"></script> |
|  |  |
|  | </head> |
|  | <body class="licensed-fonts-enabled path-node page-node-type-page uowdf--mobile-menu drupal-8"> |
|  | <a href="[#main-content](https://health.uoregon.edu/protection-connection-safer-sex-guide#main-content)" class="visually-hidden focusable skip-link"> |
|  | Skip to main content |
|  | </a> |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <div class="uoheader uowdf-search-dialog--enabled"> |
|  | <div class="uoheader\_\_container" style="max-width: px;"> |
|  |  |
|  | <div class="uoheader\_\_logo-container"> |
|  | <a href="[https://uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/?utm_source=banner-module&utm_campaign=banner)" rel="home"> |
|  | <img src="[/modules/contrib/uo\_core/uo-web-design-framework/images/uo-logo.svg](https://health.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/uo-logo.svg)" alt="University of Oregon" /> |
|  | </a> |
|  | </div> |
|  |  |
|  | <div class="uoheader\_\_links-container"> |
|  | <nav class="uoheader\_\_audience-selector uowd-dropdown" id="audience-selector"> |
|  | <button class="uoheader\_\_audience-selector\_\_button uowd-dropdown\_\_button" id="uoheader\_\_audience-selector\_\_button" aria-label="myUOHealth">myUOHealth</button> |
|  | <ul class="uoheader\_\_audience-selector\_\_list uowd-dropdown\_\_display" id="uoheader\_\_audience-selector\_\_list"> |
|  | <li class="uoheader\_\_audience-selector\_\_link"><a href="<https://uoregon.medicatconnect.com/Shibboleth.sso/Login?entityID=https%3A//shibboleth.uoregon.edu/idp/shibboleth>">Login</a></li> |
|  | </ul> |
|  | </nav> |
|  |  |
|  | <div class="uoheader\_\_links-background"> |
|  | <nav id="banner-links"> |
|  | <ul class="uoheader\_\_links"> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://www.uoregon.edu/onestop?utm\_source=banner-module&amp;utm\_campaign=banner](https://www.uoregon.edu/onestop?utm_source=banner-module&utm_campaign=banner)">One Stop</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://uoregon.edu/apply?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/apply?utm_source=banner-module&utm_campaign=banner)">Apply</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://visit.uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://visit.uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">Visit</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[http://giving.uoregon.edu/s/1540/development/start.aspx?gid=2&amp;pgid=61?utm\_source=banner-module&amp;utm\_campaign=banner](http://giving.uoregon.edu/s/1540/development/start.aspx?gid=2&pgid=61?utm_source=banner-module&utm_campaign=banner)">Give</a> |
|  | </li> |
|  | </ul> |
|  | </nav> |
|  | <div class="uoheader\_\_search"> |
|  | <a class="uoheader\_\_search\_\_button" id="uobanner-search" href="[/search](https://health.uoregon.edu/search)">Search</a> |
|  | </div> |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="uowdf-search-dialog" role="search"> |
|  | <button class="uowdf-search-dialog\_\_close" id="seach-close-button" aria-label="Close Search"></button> |
|  | <div class="uowdf-search-dialog\_\_search-region"> |
|  | <div class="search-block-form block block-search container-inline" data-drupal-selector="search-block-form" id="block-cosmic-search" role="search"> |
|  |  |
|  | <h2>Search this site</h2> |
|  |  |
|  | <form action="/search/node" method="get" id="search-block-form" accept-charset="UTF-8"> |
|  | <div class="js-form-item form-item js-form-type-search form-type-search js-form-item-keys form-item-keys form-no-label"> |
|  | <label for="edit-keys" class="visually-hidden">Search</label> |
|  | <input title="Enter the terms you wish to search for." data-drupal-selector="edit-keys" type="search" id="edit-keys" name="keys" value="" size="15" maxlength="128" class="form-search" /> |
|  |  |
|  | </div> |
|  | <div data-drupal-selector="edit-actions" class="form-actions js-form-wrapper form-wrapper" id="edit-actions"><input data-drupal-selector="edit-submit" type="submit" id="edit-submit" value="Search" class="button js-form-submit form-submit" /> |
|  | </div> |
|  |  |
|  | </form> |
|  |  |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="uoheader\_\_mobile"> |
|  | <a class="uowdf-mobile-search-button" id="uowdf-mobile-search-button" href="[/search](https://health.uoregon.edu/search)">Search</a> |
|  | <button class="uowdf-mobile-menu\_\_button\_\_new" id="uowdf-mobile-menu\_\_button" aria-label="Navigation" aria-expanded="false" aria-haspopup="true" aria-controls="uobanner-sidebar"> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-1"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-2"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-3"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_text">Menu</div> |
|  | </button> |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  | <div class="uowdf-mobile-menu\_\_container"> |
|  | <div class="uowdf-mobile-menu" id="uowdf-mobile-menu" data-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  | <h1 class="uowdf-mobile-menu\_\_title">University Health Services Menu</h1> |
|  | <nav class="uowdf-mobile-menu\_\_menu uowdf-mobile-menu--accordions"> |
|  | <ul class="uowdf-mobile-menu\_\_list" id="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Medical Care</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="1" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/medical-care](https://health.uoregon.edu/medical-care)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/5">Medical Care Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Primary Care</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="12" data-parent-menu-id="1"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/primary-care](https://health.uoregon.edu/primary-care)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/98">Primary Care Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/allergy-and-asthma](https://health.uoregon.edu/allergy-and-asthma)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/48">Allergy and Asthma</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/anxiety-disorders](https://health.uoregon.edu/anxiety-disorders)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/268">Anxiety Disorders</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/adhd](https://health.uoregon.edu/adhd)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/55">Attention-Deficit/Hyperactivity Disorder</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/communicable-disease-support](https://health.uoregon.edu/communicable-disease-support)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/269">Communicable Disease Support</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/depression-other-mood-disorders](https://health.uoregon.edu/depression-other-mood-disorders)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/270">Depression and Other Mood Disorders</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/eating-disorders](https://health.uoregon.edu/eating-disorders)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/257">Eating Disorders</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/emotional-support-animals](https://health.uoregon.edu/emotional-support-animals)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/271">Emotional Support Animals</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/faculty-and-staff-services](https://health.uoregon.edu/faculty-and-staff-services)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/23">Faculty and Staff Services</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/immunizations](https://health.uoregon.edu/immunizations)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/53">Immunizations, Titers, and Tuberculosis Screening</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/lgbtqia-services](https://health.uoregon.edu/lgbtqia-services)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/49">LGBTQIA+ Services</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sexual-assault-medical-support](https://health.uoregon.edu/sexual-assault-medical-support)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/52">Sexual Assault Medical Support</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sexual-health-contraception](https://health.uoregon.edu/sexual-health-contraception)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/43">Sexual Health: Contraception and Pregnancy</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sexual-health-hiv](https://health.uoregon.edu/sexual-health-hiv)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/275">Sexual Health: HIV, PrEP, and PEP</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sexual-health-stis](https://health.uoregon.edu/sexual-health-stis)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/274">Sexual Health: Sexually Transmitted Infections</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/telemedicine](https://health.uoregon.edu/telemedicine)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/272">Telemedicine</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/transgender-care](https://health.uoregon.edu/transgender-care)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/86">Transgender Care</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/travel-medicine](https://health.uoregon.edu/travel-medicine)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/50">Travel Medicine</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Acute Care</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="13" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/acute-care](https://health.uoregon.edu/acute-care)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/87">Acute Care Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/self-care-viral-illness](https://health.uoregon.edu/self-care-viral-illness)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/263">Colds, Flu, Sore Throats</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/guidance-covid-19-cases](https://health.uoregon.edu/guidance-covid-19-cases)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/264">Guidance for COVID-19 Cases</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Sports Medicine</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="14" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sports-medicine-clinic](https://health.uoregon.edu/sports-medicine-clinic)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/41">Sports Medicine Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/athletic-shoes-and-footwear](https://health.uoregon.edu/athletic-shoes-and-footwear)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/279">Athletic Shoes and Footwear</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/athletic-well-being](https://health.uoregon.edu/athletic-well-being)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/278">Athletic Well-Being</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/concussions](https://health.uoregon.edu/concussions)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/262">Concussions</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/covid-19-and-exercise](https://health.uoregon.edu/covid-19-and-exercise)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/265">COVID-19 and Exercise</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/durable-medical-equipment](https://health.uoregon.edu/durable-medical-equipment)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/277">Durable Medical Equipment</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/athletic-trainer](https://health.uoregon.edu/athletic-trainer)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/280">Rehabilitation and Athletic Trainer Evaluation and Treatment</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sports-injuries](https://health.uoregon.edu/sports-injuries)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/281">Sports Injuries</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sports-injury-prevention](https://health.uoregon.edu/sports-injury-prevention)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/282">Sports Injury Prevention</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sports-medicine-imaging-services](https://health.uoregon.edu/sports-medicine-imaging-services)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/283">Sports Medicine Imaging Services</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Specialty Care</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="15" data-parent-menu-id="1"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/specialty-care](https://health.uoregon.edu/specialty-care)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/285">Specialty Care Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/endocrinology](https://health.uoregon.edu/endocrinology)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/286">Endocrinology</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/gynecology](https://health.uoregon.edu/gynecology)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/287">Gynecology</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/lab-xray](https://health.uoregon.edu/lab-xray)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/37">Lab and X-ray</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Mental Health</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="2" data-parent-menu-id="0"> |
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|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/mental-health](https://health.uoregon.edu/mental-health)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/20">Mental Health Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/psychiatry](https://health.uoregon.edu/psychiatry)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/13">Psychiatry</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://counseling.uoregon.edu/>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Counseling</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Pharmacy</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="3" data-parent-menu-id="0"> |
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|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/pharmacy](https://health.uoregon.edu/pharmacy)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/12">Pharmacy Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://oregon.qualtrics.com/jfe/form/SV_ahpAKU4Ooonfsu9>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Refill Your UO Prescription</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://oregon.qualtrics.com/jfe/form/SV_3g8UlpaVRDjV79z>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Request a Prescription Transfer</a> |
|  | </li> |
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|  | </div> |
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|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/dental](https://health.uoregon.edu/dental)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/39">Dental</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Physical Therapy</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="5" data-parent-menu-id="0"> |
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|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/physicaltherapy](https://health.uoregon.edu/physicaltherapy)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/40">Physical Therapy Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/acupuncture](https://health.uoregon.edu/acupuncture)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/47">Acupuncture</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/massage](https://health.uoregon.edu/massage)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/46">Massage</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">New to UO?</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="6" data-parent-menu-id="0"> |
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|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/new-to-uo](https://health.uoregon.edu/new-to-uo)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/4">New to UO? Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/immunization-requirements-students](https://health.uoregon.edu/immunization-requirements-students)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/21">Immunization Requirements</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/tuberculosis-screening-questionnaire](https://health.uoregon.edu/tuberculosis-screening-questionnaire)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/22">TB Risk Assessment</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Insurance Requirements</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="67" data-parent-menu-id="6"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/insurance-requirements-international-students](https://health.uoregon.edu/insurance-requirements-international-students)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/54">Insurance Requirements Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/uo-international-student-health-insurance-requirement-procedure](https://health.uoregon.edu/uo-international-student-health-insurance-requirement-procedure)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/69">UO International Student Health Insurance Requirement Procedure</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Billing</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="7" data-parent-menu-id="0"> |
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|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/billing](https://health.uoregon.edu/billing)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/6">Billing Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/costs-services](https://health.uoregon.edu/costs-services)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/26">Costs for Services</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/billing-options](https://health.uoregon.edu/billing-options)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/27">Billing Options</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/fees](https://health.uoregon.edu/fees)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/25">Fees</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
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|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Insurance</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="8" data-parent-menu-id="0"> |
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|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/health-insurance](https://health.uoregon.edu/health-insurance)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/7">Insurance Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">UO Student Insurance</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="89" data-parent-menu-id="8"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/uo-student-insurance](https://health.uoregon.edu/uo-student-insurance)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/14">UO Student Insurance Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/domestic-student-plan](https://health.uoregon.edu/domestic-student-plan)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/64">Domestic Student Plan</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/federal-tax-information](https://health.uoregon.edu/federal-tax-information)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/67">Federal Tax Information</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/insurance-special-situations](https://health.uoregon.edu/insurance-special-situations)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/63">Insurance for Special Situations</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/international-student-insurance-waivers](https://health.uoregon.edu/international-student-insurance-waivers)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/59">International Student Insurance Waivers</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/international-student-plan](https://health.uoregon.edu/international-student-plan)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/65">International Student Plan</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/law-student-plan](https://health.uoregon.edu/law-student-plan)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/66">Law Student Plan</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/network-plans](https://health.uoregon.edu/network-plans)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/24">In-Network Plans</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Understanding Insurance</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="90" data-parent-menu-id="8"> |
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|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/understanding-health-insurance](https://health.uoregon.edu/understanding-health-insurance)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/28">Understanding Insurance Overview</a> |
|  | </li> |
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|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/how-insurance-works](https://health.uoregon.edu/how-insurance-works)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/29">How Insurance Works</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/insurance-requirements-international-students](https://health.uoregon.edu/insurance-requirements-international-students)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/54">Insurance Compliance</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/oregon-contraceptivecare-ccare](https://health.uoregon.edu/oregon-contraceptivecare-ccare)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/82">Oregon ContraceptiveCare (CCare)</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item active-trail has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Well-Being</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="9" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/well-being](https://health.uoregon.edu/well-being)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/9">Well-Being Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/duck-nest](https://health.uoregon.edu/duck-nest)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/258">Duck Nest</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/mental-well-being](https://health.uoregon.edu/mental-well-being)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/259">Mental Well-Being</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/physical-well-being](https://health.uoregon.edu/physical-well-being)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/260">Physical Well-Being</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Sexual Well-Being</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="100" data-parent-menu-id="9"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sexual-well-being](https://health.uoregon.edu/sexual-well-being)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/261">Sexual Well-Being Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/protection-connection-safer-sex-guide](https://health.uoregon.edu/protection-connection-safer-sex-guide)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf is-active" data-drupal-link-system-path="node/72" aria-current="page">Protection Connection Safer Sex Guide</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">About</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="10" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/about](https://health.uoregon.edu/about)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/10">About Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/faqs](https://health.uoregon.edu/faqs)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/34">FAQs</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/what-my-fee-pays](https://health.uoregon.edu/what-my-fee-pays)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/300">What My Fee Pays For</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/get-involved](https://health.uoregon.edu/get-involved)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/61">Get Involved</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/events](https://health.uoregon.edu/events)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/62">Events</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Forms</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="111" data-parent-menu-id="10"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/forms](https://health.uoregon.edu/forms)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/32">Forms Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/notice-privacy-practices](https://health.uoregon.edu/notice-privacy-practices)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/94">Notice of Privacy Practices</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/your-rights-and-responsibilities](https://health.uoregon.edu/your-rights-and-responsibilities)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/97">Your Rights and Responsibilities</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/team](https://health.uoregon.edu/team)" title="Learn more about the University Health Services team" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="team">Our Team</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/our-mission](https://health.uoregon.edu/our-mission)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/304">Our Mission</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/myuohealth](https://health.uoregon.edu/myuohealth)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/15">myUOHealth</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | </ul> |
|  |  |
|  | </nav> |
|  |  |
|  | <div class="uowdf-mobile-menu\_\_secondary-menus"> |
|  | <nav class="audience-selector collapse-menu collapse-menu--collapsed context--foreground-light" id="uowdf-mobile-menu\_\_audience-selector"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">myUOHealth</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="99999998"> |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="<https://uoregon.medicatconnect.com/Shibboleth.sso/Login?entityID=https%3A//shibboleth.uoregon.edu/idp/shibboleth>">Login</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  | </nav> |
|  |  |
|  |  |
|  | <nav class="utility-nav collapse-menu collapse-menu--collapsed context--foreground-light" id="uowdf-mobile-menu\_\_utility-links"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Take Action</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="99999999"> |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://www.uoregon.edu/onestop?utm\_source=banner-module&amp;utm\_campaign=banner](https://www.uoregon.edu/onestop?utm_source=banner-module&utm_campaign=banner)">One Stop</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://uoregon.edu/apply?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/apply?utm_source=banner-module&utm_campaign=banner)">Apply</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://visit.uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://visit.uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">Visit</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[http://giving.uoregon.edu/s/1540/development/start.aspx?gid=2&amp;pgid=61?utm\_source=banner-module&amp;utm\_campaign=banner](http://giving.uoregon.edu/s/1540/development/start.aspx?gid=2&pgid=61?utm_source=banner-module&utm_campaign=banner)">Give</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  | </nav> |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="dialog-off-canvas-main-canvas" data-off-canvas-main-canvas> |
|  | <div class="page"> |
|  |  |
|  | <header class="site-header" role="banner"> |
|  | <div class="site-header\_\_content"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <h2 class="site-header\_\_site-name" id="site-name"> |
|  | <a href="[/](https://health.uoregon.edu/)" title="University Health ServicesHome" class="site-header\_\_site-link" rel="home"><span>University Health Services</span></a> |
|  | </h2> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  | </header> <div id="stickynav-waypoint"></div> |
|  |  |
|  | <div class="navigation-bar"> |
|  | <div class="region region-primary-menu"> |
|  |  |
|  | <nav role="navigation" aria-labelledby="block-cosmic-main-menu-menu" id="block-cosmic-main-menu" class="block block-menu navigation menu--main"> |
|  |  |
|  | <h2 class="visually-hidden" id="block-cosmic-main-menu-menu">Main navigation</h2> |
|  |  |
|  |  |
|  |  |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/medical-care](https://health.uoregon.edu/medical-care)" data-drupal-link-system-path="node/5">Medical Care</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/mental-health](https://health.uoregon.edu/mental-health)" data-drupal-link-system-path="node/20">Mental Health</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/pharmacy](https://health.uoregon.edu/pharmacy)" data-drupal-link-system-path="node/12">Pharmacy</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/dental](https://health.uoregon.edu/dental)" data-drupal-link-system-path="node/39">Dental</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/physicaltherapy](https://health.uoregon.edu/physicaltherapy)" data-drupal-link-system-path="node/40">Physical Therapy</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/new-to-uo](https://health.uoregon.edu/new-to-uo)" data-drupal-link-system-path="node/4">New to UO?</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/billing](https://health.uoregon.edu/billing)" data-drupal-link-system-path="node/6">Billing</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/health-insurance](https://health.uoregon.edu/health-insurance)" data-drupal-link-system-path="node/7">Insurance</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--active-trail menu-item--depth-0"> |
|  | <a href="[/well-being](https://health.uoregon.edu/well-being)" data-drupal-link-system-path="node/9">Well-Being</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/about](https://health.uoregon.edu/about)" data-drupal-link-system-path="node/10">About</a> |
|  | </li> |
|  | </ul> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | </nav> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  | <div class="region region-secondary-menu"> |
|  |  |
|  | <nav role="navigation" aria-labelledby="block-mainnavigation-menu" id="block-mainnavigation" class="block block-menu navigation menu--main"> |
|  |  |
|  | <h2 class="visually-hidden" id="block-mainnavigation-menu">Secondary Menu</h2> |
|  |  |
|  |  |
|  |  |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/duck-nest](https://health.uoregon.edu/duck-nest)" data-drupal-link-system-path="node/258">Duck Nest</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/mental-well-being](https://health.uoregon.edu/mental-well-being)" data-drupal-link-system-path="node/259">Mental Well-Being</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/physical-well-being](https://health.uoregon.edu/physical-well-being)" data-drupal-link-system-path="node/260">Physical Well-Being</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--active-trail menu-item--depth-0"> |
|  | <a href="[/sexual-well-being](https://health.uoregon.edu/sexual-well-being)" data-drupal-link-system-path="node/261">Sexual Well-Being</a> |
|  | </li> |
|  | </ul> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | </nav> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  | </div> |
|  |  |
|  | <main role="main"> |
|  | <a id="main-content" tabindex="-1"></a> |
|  | <div class="region region-highlighted"> |
|  | <div data-drupal-messages-fallback class="hidden"></div> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  |  |
|  |  |
|  | <div class="layout"> |
|  | <div class="layout\_\_content"> |
|  |  |
|  | <div class="region region-content"> |
|  | <div id="block-cosmic-page-title" class="block block-core block-page-title-block"> |
|  |  |
|  |  |
|  |  |
|  | <h1 class="page-title"><span class="field field--name-title field--type-string field--label-hidden">Protection Connection Safer Sex Guide</span> |
|  | </h1> |
|  |  |
|  |  |
|  | </div> |
|  | <div id="block-cosmic-content" class="block block-system block-system-main-block"> |
|  |  |
|  |  |
|  |  |
|  | <article class="node node--type-page node--view-mode-full"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <div class="node\_\_content"> |
|  |  |
|  | <div class="clearfix text-formatted field field--name-body field--type-text-with-summary field--label-hidden field\_\_item"><h2>External Condoms</h2> |
|  |  |
|  | <p>External condoms are effective at preventing the spread of STIs and HIV, as well as unplanned pregnancy. They come in many styles and sizes: grab one of our sizing kits and experiment! Remember to use a new condom every time you have sex that involves oral, vaginal, or anal sex with a penis or penetrative sex toy. You can even make dams from external condoms to use during mouth-to-vulva or mouth-to-anus sex. All the condoms we offer are spermicide-free.</p> |
|  |  |
|  | <p><strong>Available brands and sizes</strong></p> |
|  |  |
|  | <ul> |
|  | <li>Lifestyles<sup>®</sup> Lubricated (regular)</li> |
|  | <li>Lifestyles<sup>® </sup>Non-Latex</li> |
|  | <li>Lifestyles<sup>®</sup> Kyng Gold (extra large)</li> |
|  | <li>Lifestyles<sup>®</sup> Snugger Fit</li> |
|  | <li>Trustex<sup>®</sup> Non-lubricated</li> |
|  | </ul> |
|  |  |
|  | <p><strong>Guides</strong></p> |
|  |  |
|  | <ul> |
|  | <li><a href="<https://www.youtube.com/watch?v=EdSq2HB7jqU>">How to Put On A Condom</a> (Planned Parenthood)</li> |
|  | <li><a href="<https://youtu.be/7ubQGCjAYKg?si=IFZGBKqakoajogld>">Cómo Usar Un Condón</a> (ETR)</li> |
|  | <li><a href="<https://www.youtube.com/watch?v=-9orgcUkDlw>">Making a dental dam</a> (University of Chicago)</li> |
|  | <li><a href="<https://www.youtube.com/watch?v=4MnsqQwpiwc>">How to choose the right size condom</a> (NHS)</li> |
|  | </ul> |
|  |  |
|  | <h2>Internal Condoms</h2> |
|  |  |
|  | <p>Internal condoms are effective at preventing the spread of STIs and HIV, as well as unplanned pregnancy. They also give protection control to the receiving partner, and can be used in the vagina or the anus. Remember to use a new condom every time you have sex that involves oral, vaginal, or anal sex with a penis or penetrative sex toy.</p> |
|  |  |
|  | <p>Currently, internal condoms only come in one brand: the FC2<sup>®</sup> Female Condom. Despite the name, they can be used by anyone! They’re latex free and coated in a soft silicone, spermicide-free lubricant.</p> |
|  |  |
|  | <p><strong>Guides</strong></p> |
|  |  |
|  | <ul> |
|  | <li><a href="<https://fc2femalecondom.com/how-to-use/fc2-female-condom-step-by-step-instructions-english/>">Step-by-step instructions: FC2 for vaginal sex</a></li> |
|  | <li><a href="<https://fc2femalecondom.com/como-se-usa-2/instrucciones-paso-a-paso/?lang=es>">Instrucciones paso a paso: Cómo Usar FC2</a></li> |
|  | <li><a href="chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/http:/fc2sf.com/wp-content/uploads/2012/07/FC2-Instruction-Sheet-Anal-Sex-ENGLISH.pdf">How to Use the FC2 Condom for Anal Sex</a></li> |
|  | </ul> |
|  |  |
|  | <h2>Lubricants</h2> |
|  |  |
|  | <p>Using lube during sex of any kind enhances pleasure and the comfort of all barrier methods of contraception. Lube also reduces the risk that a condom will break or tear during penetrative or oral sex.</p> |
|  |  |
|  | <p><strong>Water-based lubricant:</strong></p> |
|  |  |
|  | <p>Water-based lube is safe to use with latex, nitrile, polyisoprene, and polyurethane products. All the brands we stock are free of spermicides, parabens, and oils.</p> |
|  |  |
|  | <ul> |
|  | <li>ONE<sup>®</sup> Oasis Premium Personal Lubricant</li> |
|  | <li>Good Clean Love<sup>®</sup> Almost Naked (95 percent organic, glycerin-free, 100 percent vegan)</li> |
|  | </ul> |
|  |  |
|  | <p><strong>Silicone-based lubricant:</strong></p> |
|  |  |
|  | <p>Like water-based lube, silicone lube is safe to use with latex, nitrile, polyisoprene, and polyurethane products, but it’s not compatible with silicone sex toys. Silicone lube is recommended for anal sex.</p> |
|  |  |
|  | <ul> |
|  | <li>ONE<sup>®</sup> MOVE silicone lubricant</li> |
|  | </ul> |
|  |  |
|  | <p><strong>Guides</strong></p> |
|  |  |
|  | <ul> |
|  | <li><a href="<https://www.youtube.com/watch?v=3oYo1e8WRnE>">Lube 101</a> (Laci Green)</li> |
|  | <li><a href="<https://www.bvibe.com/anal-play-101/best-anal-lube/>">How to Choose the Best Anal Lube</a> (b-Vibe)</li> |
|  | </ul> |
|  |  |
|  | <h2>Oral Dams</h2> |
|  |  |
|  | <p>Oral dams (also called dental dams) are sheets of thin material (usually latex) used during mouth-to-vulva or mouth-to-anus sex. They prevent STI and HIV transmission when correctly used every time. Adding lube to the side covering the genitals can add extra sensation.</p> |
|  |  |
|  | <p><strong>Available Brands</strong></p> |
|  |  |
|  | <ul> |
|  | <li>TRUST<sup>®</sup> Flavored Dental Dams |
|  |  |
|  | <ul> |
|  | <li>Flavors: Banana, Grape, Mint, Strawberry, Vanilla</li> |
|  | </ul> |
|  | </li> |
|  | <li>Harmony<sup>®</sup> Polyisoprene (Non-Latex) Oral Dams</li> |
|  | </ul> |
|  |  |
|  | <p><strong>Guides</strong></p> |
|  |  |
|  | <ul> |
|  | <li><a href="<https://my.clevelandclinic.org/health/drugs/22887-dental-dam>">Health Library: Dental Dam</a> (Cleveland Clinic)</li> |
|  | </ul> |
|  |  |
|  | <h2>Love Gloves and Finger Cots</h2> |
|  |  |
|  | <p>Disposable nitrile gloves can be used to reduce the risk of spreading STIs and other infections like UTIs during manual sex (touching the penis, vulva, vagina, or anus) by covering fingernails and rough skin.</p> |
|  |  |
|  | <p>Finger cots are worn during manual sex, but cover one finger instead of the whole hand. We currently only stock latex finger cots.</p> |
|  |  |
|  | <p><strong>Available Sizes</strong></p> |
|  |  |
|  | <ul> |
|  | <li>Small, medium, large, and extra-large nitrile gloves</li> |
|  | <li>Love Gloves come packaged in bags of five</li> |
|  | <li>Finger cots come packaged in bags of ten</li> |
|  | </ul> |
|  |  |
|  | <p><strong>Guides</strong></p> |
|  |  |
|  | <ul> |
|  | <li><a href="<https://www.frank.org.au/gloves/>">Gloves</a> (frank.org)</li> |
|  | <li><a href="<https://plannedparenthood.tumblr.com/post/143383578098/surgical-gloves-and-finger-cots-not-just-for>">Surgical Gloves and Finger Cots</a> (Planned Parenthood)</li> |
|  | </ul> |
|  |  |
|  | <h2>Looking for Something Else?</h2> |
|  |  |
|  | <p>We often have additional types and brands of safer sex supplies available at tabling events. Look out for more options from ONE<sup>®</sup> (the only condom FDA-approved for anal sex), colorful and glow-in-the-dark external condoms, condom cases and lollipops, stickers, and our STI prevention zine: <em>You’re So Sexy When You’re Not Spreading STIs</em>.</p> |
|  | </div> |
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|  | </div> |
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|  | </article> |
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|  | <div class="region region-sidebar-first"> |
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|  | <nav role="navigation" aria-labelledby="block-mainmenu-menu" id="block-mainmenu" class="sidebar-style-white block block-menu navigation menu--main"> |
|  |  |
|  | <h2 class="visually-hidden" id="block-mainmenu-menu">Main menu</h2> |
|  |  |
|  |  |
|  |  |
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|  | <li class="menu-item menu-item--active-trail menu-item--depth-0"> |
|  | <a href="[/protection-connection-safer-sex-guide](https://health.uoregon.edu/protection-connection-safer-sex-guide)" data-drupal-link-system-path="node/72" class="is-active" aria-current="page">Protection Connection Safer Sex Guide</a> |
|  | </li> |
|  | </ul> |
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|  | </nav> |
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|  | </div> |
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|  | </aside> |
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|  | </div> |
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|  | </main> |
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|  | <div class="grid\_\_item"> |
|  | <div class="collapse-menu collapse-menu--collapsed"> |
|  | <h3 class="collapse-menu\_\_title title">Division of Student Life</h3> |
|  |  |
|  | <ul class="collapse-menu\_\_list"> |
|  | <li class="collapse-menu\_\_item"><a href="[http://studentlife.uoregon.edu](http://studentlife.uoregon.edu/)">Division of Student Life</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://career.uoregon.edu](http://career.uoregon.edu/)">University Career Center</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://dos.uoregon.edu](http://dos.uoregon.edu/)">Office of the Dean of Students</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://emu.uoregon.edu](http://emu.uoregon.edu/)">Erb Memorial Union</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://holden.uoregon.edu](http://holden.uoregon.edu/)">Holden Center for Leadership and Community Engagement</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://rec.uoregon.edu](http://rec.uoregon.edu/)">Department of Physical Education and Recreation</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://families.uoregon.edu](http://families.uoregon.edu/)">Parent and Family Programs</a></li> |
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|  |  |
|  | <div class="grid\_\_item"> |
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|  | <h3 class="collapse-menu\_\_title title">Student Services</h3> |
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|  | <li class="collapse-menu\_\_item"><a href="[https://financialaid.uoregon.edu](https://financialaid.uoregon.edu/)" title="Office of Financial Aid and Scholarships">Office of Financial Aid and Scholarships</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[https://registrar.uoregon.edu](https://registrar.uoregon.edu/)" title="Office of Financial Aid and Scholarships">Office of the Registrar</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://counseling.uoregon.edu](http://counseling.uoregon.edu/)">University Counseling Services</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://healthcenter.uoregon.edu](http://healthcenter.uoregon.edu/)">University Health Services</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://housing.uoregon.edu](http://housing.uoregon.edu/)">University Housing</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://testing.uoregon.edu](http://testing.uoregon.edu/)">University Testing Center</a></li> |
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|  | <span itemprop="name"><strong>University Health Services</strong></span><br> |
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|  | <a href="<https://www.facebook.com/HealthyUO>" aria-label="Visit us on Facebook"> |
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|  | <li itemprop="sameAs"> |
|  | <a href="<https://twitter.com/HealthCenterUO>" aria-label="Visit us on Twitter"> |
|  | <i class="fab fa-x-twitter" aria-hidden="true"></i> |
|  | </a> |
|  | </li> |
|  | <li itemprop="sameAs"> |
|  | <a href="<https://www.youtube.com/channel/UCJU8QMZOQ1II7W6oGi2U09w>" aria-label="Visit us on Youtube"> |
|  | <i class="fab fa-youtube" aria-hidden="true"></i> </a> |
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|  | <li itemprop="sameAs"> |
|  | <a href="<https://www.instagram.com/HealthyUO>" aria-label="Visit us on Instagram"> |
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|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/reportaconcern?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/reportaconcern?utm_source=banner-module&utm_campaign=banner)">Report a Concern</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://investigations.uoregon.edu/nondiscrimination?utm\_source=banner-module&amp;utm\_campaign=banner](https://investigations.uoregon.edu/nondiscrimination?utm_source=banner-module&utm_campaign=banner)">Nondiscrimination and Title IX</a></li> |
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|  | <li class="uofooter\_\_link"><a href="[https://registrar.uoregon.edu/records-privacy?utm\_source=banner-module&amp;utm\_campaign=banner](https://registrar.uoregon.edu/records-privacy?utm_source=banner-module&utm_campaign=banner)">Privacy Policy</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://hr.uoregon.edu/jobs/available-positions?utm\_source=banner-module&amp;utm\_campaign=banner](https://hr.uoregon.edu/jobs/available-positions?utm_source=banner-module&utm_campaign=banner)">Careers</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/about?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/about?utm_source=banner-module&utm_campaign=banner)">About</a></li> |
|  | <li class="uofooter\_\_link"><a href="[https://uoregon.edu/findpeople?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/findpeople?utm_source=banner-module&utm_campaign=banner)">Find People</a></li> |
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|  | <div class="uofooter\_\_copyright-container"> |
|  | <span class="copyright"> |
|  | <span class="copyright-symbol">©</span> |
|  | <a href="[https://uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">University of Oregon</a>. |
|  | </span> |
|  | <span class="all-rights-reserved">All Rights Reserved.</span> |
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