

# 保險套 Condom

## • 避孕原理：

### Contraceptive principle:

保險套為一種乳膠所製成的男性避孕套，性交前將保險套套在勃起的陰莖上，使精子無法進入陰道，達到避孕效果。

Condom is made from latex and is used as a male contraception to practice safe sex and to prevent unplanned pregnancy. Before a sexual intercourse, place the condom on the head of an erectile penis to prevent semen being passed into, or on, the vagina.

## • 避孕效果：

### Condom Effectiveness:

若每次性交均正確使用，效果約可達90%。

When condoms are used correctly, they are 90% effective in preventing pregnancy.

1. 使用前用手指捏住尚未展開的前端小袋，把空氣擠出，套在陰莖的龜頭上，再慢慢地展開套在勃起的陰莖上。

Pinch air out of the condom by using your fingers before you start to roll it down on your penis. Slowly unroll condom to the base of your penis.



2. 射精後立即將陰莖連保險套抽出陰道外，取下保險套，以免精液外溢，且以紙包妥丟棄。

After ejaculation, hold the condom at the base of the penis and carefully pull out of the vagina, and prevent the semen from flowing out. Then, wrap the condom in paper and discard it.



3. 使用保險套者應經常剪短手指甲，以免弄破，並保持手部乾淨。  
Condom users should frequently cut their nails to avoid breakage, and keep their hands clean.

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## • 優點：Advantages:

1. 可預防性傳染疾病及愛滋病  
Prevent sexually transmitted diseases and AIDS.
2. 使用簡便  
Easy to use.
3. 無禁忌症，無副作用  
No contraindications, no side effects.

## • 缺點：Disadvantages:

1. 避孕效果較差，如有破損或精液外溢時，避孕會失敗  
The effect of the contraception is relatively poor. If a condom breaks or spillage of semen occurs, this could result in failure of contraception.
2. 在每次性交前必須套上  
Must be used before sexual intercourse.

- 資料來源：衛生福利部國民健康署

**Source: Health Promotion Administration, Ministry of Health and Welfare**

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