

## CELEBRATE RESPONSIBLY THIS VALENTINE'S DAY

### Free Condoms Available

February 13, 2019 – Did you know February 14<sup>th</sup> is National Condom Day? District Health Department #10 (DHD#10) wants you to know that you can get free condoms at any of our 10 locations. Free condoms are available every day. All you have to do is visit us! Packets of condoms are located in each waiting room, and you do not need to make an appointment to receive free condoms. You can also request condoms from the front desk staff.

Correct and consistent use of condoms is one of the most effective ways to reduce the risk of sexually transmitted diseases. It is the goal of DHD#10 to encourage those who are sexually active to practice safe sex.

DHD#10 strives to empower people of all ages and genders to take control of their sexual health. When it comes to birth control, you have choices. At DHD#10, we offer standard birth control and long-acting reversible contraception (LARC). Ask your provider which one is right for you.

Services at DHD#10 are confidential, LGBTQ friendly, and no one will ever be denied service due to the inability to pay. Call 888-217-3904, option #2 to make an appointment at your local DHD#10 office. Walk-ins welcome.

For more reliable sexual health information, please visit [www.beforeplay.org](http://www.beforeplay.org). Visit this website to learn more about male and female condoms and how to use them. Use the "Get Talking" tool to help prepare you for how to talk about condoms with your friends, family, partner(s) or health care provider. Check out the "Health Center Locator" to find the nearest DHD#10 location to you.

#### About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).

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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



[www.dhd10.org](http://www.dhd10.org)



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