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PRESS RELEASE – For Immediate Release

Valentine’s Day kicks off National Condom Week

SOUTH CENTRAL IDAHO- Americans spend almost \$20 billion each year on candy, cards, flowers and other gifts for Valentine’s Day. South Central Public Health District (SCPHD) joins Stanton Healthcare in urging lovers to add another item to their Valentine’s shopping list: condoms.

“Abstinence is the only 100 percent effective method to avoid unintended pregnancy and sexually transmitted disease (STDs),” said Nicki Kroese, Executive Director of Stanton Healthcare. “But if you are going to have sex, condoms may reduce your risk.”

The United States, and Idaho, continues to see a steady increase in STDs. The CDC reports nearly 2.3 million cases of chlamydia, gonorrhea, and syphilis were diagnosed within the U.S. in 2017 alone. In the eight counties SCPHD serves (Twin Falls, Camas, Jerome, Minidoka, Lincoln, Cassia, Gooding and Blaine Counties) gonorrhea stood out as the fastest rising STD, with a 203 percent increase in the first six months of 2018 compared to the first six months of 2017.

“If left untreated, some STDs can cause serious long-term problems, like sterility,” said Logan Hudson, SCPHD Nurse Manager. “If you don’t use condoms you put yourself at risk of catching those diseases.”

STD testing after sex with new partners is also important, ensuring you don’t accidentally spread STDs to any of your future partners.

SCPHD offers free condoms in their offices across the district, along with information about how to use them. Stanton offers free no cost STD testing and treatment to low income individuals.