Do condoms always prevent HIV transmission?

September 5, 2018 By Lucinda K. Porter RN

No. Latex condoms are highly effective in preventing HIV transmission, especially in laboratory settings. However, in real life settings, people don't always use condoms consistently or properly, and may transmit HIV or other microorganisms.

Safer sex is central to reducing risk of HIV sexual transmission. Safer sex incorporates many practices, including the proper and consistent use of male and female condoms. Use a water-based or silicone-base lubricant with latex condoms (never use petroleum-based). Pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP) are other methods to utilize when practicing safer sex.

Additionally, if you or your partner are HIV positive, it is important to note that maintaining an undetectable viral load through the use of antiretroviral medications effectively eliminates the risk of transmitting the virus. This concept is known as "Undetectable = Untransmittable," or "U=U." September is Sexual Health Awareness Month, and a good time to review or learn more about healthy sex.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.hepmag.com/article/condoms-always-prevent-hiv-transmission