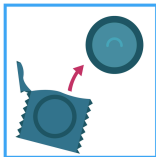


How to Use a Condom

1 BEFORE SEX

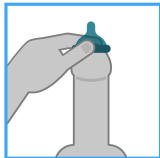
Carefully open and remove the condom from package to prevent tearing.



2 BEFORE SEX

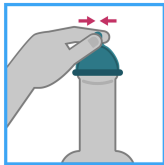
Place condom on the head of the erect, hard penis.

If uncircumcised, pull back the foreskin first.



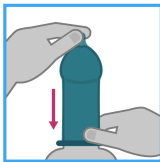
3 BEFORE SEX

Pinch air out of the tip of the condom.



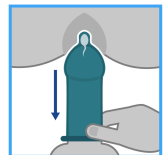
4 BEFORE SEX

Unroll condom all the way down the penis.



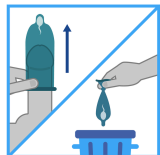
5 AFTER SEX

After sex but before pulling out, hold the condom at the base. Then pull out, while holding the condom in place.



6 AFTER SEX

Carefully remove the condom and throw it in the trash.



Condoms Dos & Don'ts!

The Right Way To Use A Male (External) Condom

✓ **DO** use a condom only 1 time.



✓ **DO** put on a condom before you have sex, every time.



✓ **DO** read the package and check the expiration date.



✓ **DO** make sure there are no tears or defects.



✓ **DO** store condoms in a cool, dry place.



✓ **DO** use only latex or polyurethane condoms.



✓ **DO** use only water-based or silicone-based lubricant to prevent breakage.



DON'Ts

- DON'T store condoms in your wallet, as heat and friction can damage them.
- DON'T use nonoxynol-9 (a spermicide), as this can cause irritation.
- DON'T use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil, because they will cause the condom to break.
- DON'T use more than one condom at a time.
- DON'T reuse a condom.