The Right Way To Use A Male Condom



Condom Do's and Dont's

- DO use a condom every time you have sex.
- DO put on a condom before having sex.
- DO check the expiration date.
- DO make sure there are no tears or defects.
- DO store condoms in a cool, dry place.
- DO use latex or polyurethane condoms.
- DO use water or silicone-based lubricant.

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

How To Put On and Take Off a Condom



Carefully open and remove the condom from wrapper.



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



Pinch air out of the tip of the condom.



Unroll condom all the way down the penis.



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



Carefully remove the condom and discard it in a bin.