#### **Sexual Health is in Your Hands**

# How to Use a Condom Correctly, Every Time

**External (Male) Condom** 

### **Protect yourself and your partner(s):**

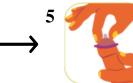
Using a condom correctly every time you have sex will:

- Reduce your risk of most STDs (sexually transmitted diseases), including HIV.
- Reduce the risk of pregnancy.

### How to put on a condom correctly:

- 1. Check the expiration date.
- 2. Make sure the package has an air pocket and then carefully tear open the package. Do not use your teeth or scissors.
- 3. Make sure the ring of the condom is on the outside. It should roll down easily.
- **4.** Put the condom on as soon as the penis is hard.
- 5. Pinch the tip of the condom to keep air out and leave space for the semen (cum) to go. If uncircumcised, pull back the foreskin.
- **6.** Keep holding the tip and roll down to the base of the penis.
- 7. After sex, hold the base of the condom while pulling the penis out so the condom doesn't slip off.
- **8.** Remove condom and throw away in the trash.









## Do's and Don'ts of Using a Condom

#### DON'T: DO:

### Use a latex, polyurethane or polyisoprene condom. They come in different sizes, shapes, thicknesses, and textures.

- Use water-based or siliconebased lubricants (lubes) or a prelubricated condom to help prevent breakage.
- Store condoms in a cool, dry place away from sunlight.

X Do not use a condom after the expiration date noted on the package.

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- X Do not use two condoms at once.
- X Do not reuse condoms.
- X Never use oil-based lubricant (like lotion, Vaseline, mineral oil, etc.). Oil can make the condom more likely to tear.



### **Quick Facts**

- Talk to your partner(s) about the importance of using condoms.
- Use a latex, polyurethane, or polyisoprene condom every time you have sex (vaginal, oral and anal).
- Anyone of any age can buy condoms without a prescription.
- Condoms reduce the risk of STDs, HIV and pregnancy.

#### For more information:

### **Los Angeles County Department of Public Health**

http://publichealth.lacounty.gov/ dhsp/Condoms.htm

#### **BEDSIDER**

https://www.bedsider.org/metho ds/condom#how to

### **Centers for Disease Control** and Prevention (CDC)

https://www.cdc.gov/condomeff ectiveness/male-condomuse.html

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