



How to Use a Condom

Use a condom every time. Condoms that are used consistently and correctly are effective in reducing the risk of unwanted pregnancy and sexually transmitted infections.

Before You Put On a Condom

- Store condoms in a cool, dry place away from direct sunlight, not in your wallet.
- Check the expiration date on the condom.
- Check to see that there is a little bit of air in the package.
- Tear the condom package carefully to open.
- If the condom looks damaged, discolored, or brittle, do not use.
- Use a new condom every time.

To Put On a Condom

- Put the condom on as soon as the penis is erect.
- With one hand, pinch the tip of the condom to leave room for the ejaculate.
- With the other hand, roll the condom to the base of the penis.
- Continue using this hand to guide any air bubbles out of the condom.
- If necessary, add water based lubricant, such as KY Jelly or Liquid Silk, to the outside of the condom to avoid excess friction that may cause breakage.

To Remove a Condom

- While penis is still erect, hold the base of the condom as you withdraw.
- Remove the condom and throw away in the trash, not the toilet.