



1

Carefully open package so condom does not tear.
Do not unroll condom before putting it on.

2

If not circumcised, pull foreskin back.
Squeeze tip of condom and put it on end of hard penis.

3

Continue squeezing tip while unrolling condom until it covers all of penis.

4

Always put condom on before entering partner.

5

After ejaculating (coming), hold rim of condom and pull penis out before penis gets soft.

6

Slide condom off without spilling liquid (semen) inside.

7

Throw away or bury the condom.

Remember:

- Do not use grease, oils, lotions, or petroleum jelly (Vaseline) to make condoms slippery. These make condoms break. Only use a jelly or cream that does not have oil in it.
- Use a condom each time you have sex.
- Only use a condom once.
- Store condoms in a cool, dry place.
- Do not use condoms that may be old or damaged.

Do not use a condom if:

- the package is broken
- the condom is brittle or dried out
- the colour is uneven or changed
- it is unusually sticky.