

CONDOM USE

Using a condom the right way can prevent the spread of sexually transmitted infections (STIs).

WHAT IS A CONDOM?

A condom is a rubber barrier that fits over the penis.

Condoms and water-based lubricants (which prevent the condom from breaking) can be purchased at almost any convenience store, drugstore, or supermarket.

IT'S UP TO YOU TO PROTECT YOUR HEALTH

Eighty percent of people with sexually transmitted infections don't know they are spreading it.

It is up to you to make sure you and your partner use condoms for all types of sexual contact—vaginal, oral or anal.

WAY TO GO

- Avoid all sexual contact
- Have sex with only one, uninfected partner who only has sex with you
- Put condom on before the penis touches the vagina, mouth or anus
- Use a new condom each time you have vaginal, oral, or anal sex
- Get tested by a doctor or clinic for STIs at least once a year

AVOID INFECTION

GET TESTED!

HOW TO USE A CONDOM CORRECTLY

1. Check expiration date on condom package; do not use if past the date.
2. Use a water-based lubricant (glycerine or jelly) to prevent breaking. Oil-based lubricants (hand lotions or petroleum jelly) can weaken a condom.
3. Open package carefully. Do not tear unrolled condom.
4. Hold tip of condom between thumb and forefinger to prevent any air from getting trapped inside. Use the other hand to unroll the condom onto the penis.
5. Make sure entire penis is covered and there is space at the tip to catch ejaculate (sperm and semen).
6. Withdraw from partner immediately after ejaculation. Hold the condom at the base to keep it from leaking.
7. Use a new condom each time you have vaginal intercourse, anal intercourse or oral sex.

