



## ALL ABOUT THE EXTERNAL CONDOM

Condoms can help protect you against pregnancy, HIV, and other sexually transmitted infections (STIs).

### Before Sex:

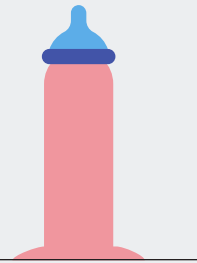
#### Step 1

Check the expiration date on the condom package. Tear the condom wrapper and take it out.



#### Step 2

Check the condom to make sure there are no rips, tears, or holes.



#### Step 3

Hold the tip of the condom to squeeze out the air. This leaves some room for the semen when you come (ejaculate). Put the condom on the tip of your penis.



#### Step 4

Keep holding the tip of the condom. Unroll it onto your erect penis all the way down to cover the whole penis.



### After Sex:

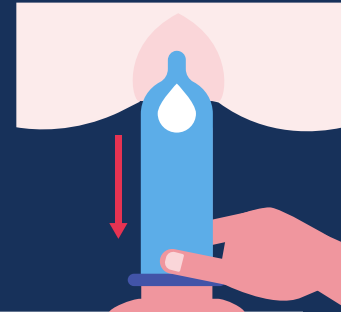
#### Step 1

Hold onto the condom.



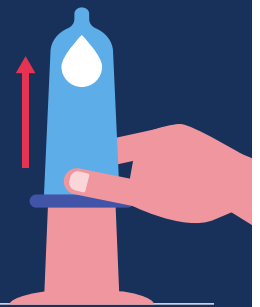
#### Step 2

Pull out of your sex partner while your penis is still hard.



#### Step 3

Carefully take off the condom.



#### Step 4

Throw it in the trash. Do not flush it down the toilet. Use a new condom with each sex act. Do not re-use condoms.



# How To Use Condoms Successfully

## Do's



Do use a latex or polyurethane condom for vaginal, oral, and anal sex.



Do use a new condom each time you have sex or if you are switching between vaginal, anal, and/or oral sex.



Do put on the condom **before** you put your penis inside your sex partner.



Do use a water-based lubricant with a condom. You can apply the lubrication to the outside of the condom after placing it on your penis. This will help make it feel more comfortable and make it less likely to break.



Do choose one you like. Condoms are available in different sizes, colors, textures, and styles with or without lubrication.

## Don'ts



Don't store condoms where it is too warm. Heat can damage condoms.



Don't carry condoms in your wallet for too long. Replace them at least once a month.



Don't use petrolatum/petroleum jelly (Vaseline) or other oil-based products. It will damage the condom.



Don't double up on condoms. Using two condoms at the same time actually offers less protection because they can cause friction, weakening the material, and making them more likely to break.

## What to do if the external condom breaks:



- » Emergency Contraception (EC) pills can be taken within 5 days to prevent pregnancy.
- » Your Family PACT provider can give you EC pills or a prescription for EC pills at no cost.
- » You or your sex partner can also get several types of EC pills at a pharmacy or drugstore without a prescription, parental consent, or identification document (ID), regardless of age.



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