



HOW TO USE A CONDOM

STORAGE

Keep condoms in a cool, dry place – not in your pocket or wallet where they're more likely get damaged.

DAMAGE

Most tears occur when you open the condom's packaging. To avoid this, open the package from the corner, not the middle. Always look closely at the condom before using to check for any tears.

LUBRICANTS

Use only water-based lubricants. Oil-based lubricants (petroleum jelly, massage oils, body lotions, etc.) dissolve latex.

TIMING IS EVERYTHING

Put the condom on as soon as you or your partner becomes erect – before having sex of any kind (even foreplay). Pre-ejaculatory fluid can carry STDs, including HIV. Make sure to take the condom off while you're still erect. You want to make sure that the condom comes off without spilling any fluids.

QUICK TIP

Once the condom is on, make sure to squeeze the air out of the tip