

# HOW TO USE A CONDOM

ALWAYS READ THE **FULL INSTRUCTIONS** SUPPLIED  
WITH THE CONDOM BEFORE YOU START



**1** Check foil is not damaged & that the condom has not passed its **expiration date**. Carefully **tear open** & avoid damaging with fingernails.



**2** The condom should be placed on the **erect penis before any sexual contact**.

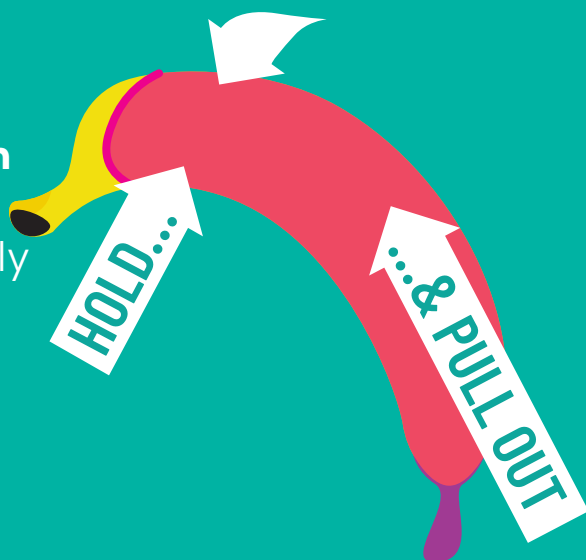


**3** Squeeze the teat and unroll the condom down the **entire length** of the penis.



**4** If you feel the condom slipping off **stop and check** that the condom is still in place.

**5** Withdraw the penis **soon after ejaculation**, while holding the condom firmly in place at the base. Only when the penis is **completely withdrawn** should you remove the condom.



**6** After use, wrap the condom in tissue and place it in a waste bin. **Do not flush it down the toilet**.



practice safer sex. ALWAYS USE A CONDOM

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