

Condoms: The Right Way

Play it safe.

Use a condom for safer sex.

Condoms help protect you and your partner from sexually transmissible infections (STIs) such as gonorrhoea, chlamydia and HIV. They also protect you against unplanned pregnancy.

But you have to use them properly.

For full protection, use the condom before the penis touches your partner's mouth, vulva or anus.

1. Open the packet carefully.



2. Before you put it on, make sure the condom is not inside out – it should roll down easily.



Squeeze any air out of the tip (to make room for the semen) before you put it on.

3. Place the condom on the tip of the erect penis. Gently unroll the condom all the way down before you start having sex.



4. Always put some personal lubricant (also called water-based lubricant) on the outside of the condom.

5. Occasionally check that the condom is still on during intercourse.

6. Holding on to the condom, pull out your penis as soon as you ejaculate, and before it goes soft. For full protection, make sure the condom, or penis, doesn't touch your partner's mouth, vulva or anus.



7. After removing the condom, wipe the rest of the semen from the penis with a tissue.

8. Throw the condom in the bin – not down the toilet. Wash your hands after disposing of the condom.

If you want to have sex again, use a new condom.

Condoms: Condom Safety

You or your partner will be at risk if a condom breaks. This can happen if it is old, damaged, or a water-based lubricant is not used.

- ✓ Make sure the condom is not old. There's an expiry date on the package.
- ✓ Store your condoms carefully. Keep them in a *cool, dry* place – not in the car.
- ✓ Carry new condoms if you might need them, but don't keep them too long in your wallet or pocket, as they can become damaged.
- ✓ Use a personal lubricant that is water-based, such as Muco, Lubafax or KY Jelly, to make sure the condom doesn't break.
 - ◆ Put lubricant on the outside of the condom only.
 - ◆ Don't use Vaseline or oils as these will damage the condom.

- ✓ Use a new condom every time.
- ✓ You have to get used to using condoms. Practice with them in private first, and try different brands.
- ✓ Condoms are available from:
 - ◆ supermarkets
 - ◆ chemists
 - ◆ vending machines
 - ◆ Family Planning and Sexual Health Clinics
- ✓ If the condom does break, visit your doctor or a sexual health clinic.



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