

TIPS

When buying condoms:

- Always buy quality condoms — they can save your life!
- Check whether they are made of latex or polyurethane — these are the highest quality and safest.
- Check that the package is not damaged.
- Check the expiration date! If it has expired, there is a high likelihood the condom will break.

Always:

- Keep condoms in a safe place where they won't be damaged — heat can destroy a condom.
- Use a new condom EVERY time you have sex.
- Use condoms that have lubricant for vaginal and anal sex.
- Use water-based lubricants for vaginal and anal sex.
- Carefully open the package with your fingers; watch out for sharp or broken nails! Do not open the package with your teeth or scissors!

Never:

- Never use baby oil, petroleum jelly (Vaseline), soap, or any other oil-based lubricants — they can cause the condom to break!
- Never unroll the condom before putting it on — air can get inside, which can cause the condom to break

USING A CONDOM

When to put on a condom:

- A condom should be put on when the penis is fully erect and before any sexual contact.

Putting on a condom:

- Pinch the tip of the condom with your fingers and make sure all the air is out — otherwise the condom can break.
- Place the condom on the head of the penis and unroll it downward while keeping the tip pinched, making sure no air enters the condom — otherwise the condom can break.
- Make sure to unroll the condom all the way to the base of the penis — otherwise it can slip off

After ejaculation:

- The penis must be withdrawn from the vagina or anus before it becomes soft.
- Hold the base of the condom while withdrawing to prevent it from slipping off or remaining in the vagina or anus.
- Do not leave used condoms lying around

CONDOMS AND LUBRICANTS FOR EVERY OCCASION

Lubricants

- Using water-based lubricants prevents condoms from breaking.
- Always use a larger amount of lubricant for anal sex to prevent condom breakage and injuries.
- Some lubricants contain spermicides and/or antivirals. Spermicides help prevent pregnancy — most spermicides are also antiviral, which offers prevention for some sexually transmitted diseases. They can also cause irritation (itching or burning), so be careful. Nonoxynol causes irritation in about 50% of cases. If you experience any irritation, avoid condoms with spermicidal lubricants and lubricants containing nonoxynol

Condoms

- Condoms come in different strengths, sizes, shapes, flavors, and colors. For extra protection, use an extra-strong condom for vaginal and also for anal sex.
- Never use two condoms at the same time, because they can break. For oral sex, use flavored condoms (to mask the taste of latex), and choose one without spermicidal lubricant or without any lubricant.

PROTECT YOURSELF!

Always use a condom!

- Using a condom for vaginal sex protects you from HIV and other sexually transmitted infections and prevents unwanted pregnancy.
- Using a condom for anal sex protects you from HIV, hepatitis, and other sexually transmitted infections.
- Using a condom for oral sex protects you from sexually transmitted infections that can be transmitted orally.

Take care of your body!

- If you have symptoms or feel pain, go for a medical check-up without waiting.
- Do not take medicines on your own; consult a doctor to receive therapy.
- Always complete any therapy prescribed by your doctor; otherwise the infection may return.

TIPS

WHEN A CONDOM BREAKS OR SLIPS OFF

A condom can slip off because:

- It was not rolled down to the base of the penis.
- It is too large — you can use a smaller condom.
- The penis was not fully erect before the condom was put on and intercourse began — always make sure the penis is fully erect before putting on a condom and starting sex.
- The penis becomes soft during intercourse.
- Intercourse lasts too long.
- The penis is thicker at the base than at the tip.

If you think the condom has slipped off, STOP having sex immediately!

A condom can break because:

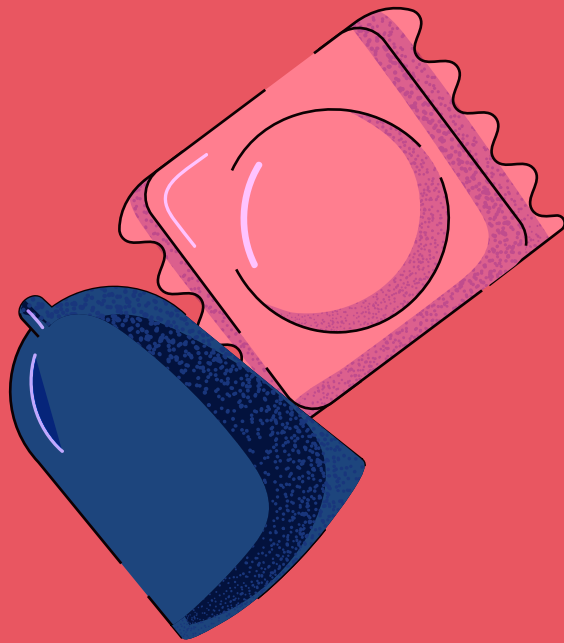
- You use oil-based lubricants such as baby oil, massage oil, or hand cream — always use water-based lubricants.
- It is too old — always check the expiration date on the package.
- It was damaged by nails, teeth, or a sharp object while opening the package — always open carefully.
- The penis is too large for the condom — you can use extra-large condoms.
- Intercourse lasts a long time — always use water-based lubricants to reduce the chance of breakage.
- You use two condoms at the same time — condoms can break when they rub against each other. Always use one condom; for greater protection, use a stronger condom.

If you think the condom has broken, STOP having sex immediately!

FEMALE CONDOM (FEMIDOM)

- A female condom (femidom) is also available on the market, although it is less common locally. The female condom is reliable in 98.5% of cases for protection from sexually transmitted infections, including HIV.

PROTECT YOURSELF!



TAKE CARE OF YOUR BODY!



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CONDOMS & LUBRICANTS