

## Steps for Effective Use of Condoms

# 1. Check expiration date on condom package.



**2. Push (squeeze) the condom to one side and open the package, being careful not to tear the condom.**

**3. Check to be sure that the condom is on the proper side so that it rolls down the penis correctly.**



**Look closely.  
Condoms roll in  
only one  
direction.**

**4. Hold the condom by the last  $\frac{1}{2}$  inch at the tip, making sure to squeeze out air.**

**5. Put the condom on the tip of the erect penis, before any contact between penis and the partner's genitals, mouth or anus. A man who is not circumcised may pull back his foreskin before putting on the condom.**

**6. Unroll the condom to the base of the penis. Smooth out any extra air. Apply lubricant on the outside of the condom, if desired.**

**7. Check during  
intercourse to make  
sure the condom is  
not slipping.**

**8. After ejaculation, hold the condom firmly by the rim at the base and withdraw the penis (pull out) while the penis is still erect.**



**9. Remove the condom by rolling it off. Do this well away from your partner's body.**

**10. Discard the condom:  
Wrap it in tissue and  
throw it away. Do not  
flush condoms down  
the toilet.**

**11. Never reuse a condom.  
If you want to have sex  
again, always use a new  
condom.**

