

HOW TO USE A CONDOM



CHECK THE EXPIRATION DATE ON THE INDIVIDUAL CONDOM PACKET. CHECK TO MAKE SURE THERE'S NO PUNCTURES, THERE SHOULD BE AN AIR POCKET. DO NOT KEEP CONDOMS IN YOUR WALLET OR IN THE CAR - CONDOMS ARE TO BE KEPT AT ROOM TEMPERATURE.



ONCE THE PENIS IS ERECT, OPEN THE CONDOM PACKAGE WITH YOUR FINGERS. DO NOT USE YOUR TEETH OR ANY SHARP OBJECT BECAUSE YOU MIGHT ACCIDENTALLY TEAR THE CONDOM!

SQUEEZE THE TIP OF THE CONDOM WITH YOUR FINGERS AND PLACE THE ROLLED CONDOM ON THE HEAD OF THE PENIS. LEAVE A HALF-INCH SPACE AT THE TIP OF THE CONDOM TO COLLECT SEMEN.



HOLD THE TIP OF THE CONDOM AND UNROLL UNTIL THE PENIS IS COMPLETELY COVERED

AFTER EJACULATION, WHILE THE PENIS IS STILL ERECT, HOLD THE CONDOM AT THE BASE AND CAREFULLY REMOVE IT WITHOUT SPILLING SEMEN.



WRAP THE CONDOM IN TISSUE OR TIE IT IN A KNOT AND THROW IT AWAY. DO NOT FLUSH THE CONDOM DOWN THE TOILET.

USE A NEW CONDOM FOR EVERY ACT OF VAGINAL, ORAL, AND ANAL INTERCOURSE. NEVER USE A CONDOM MORE THAN ONCE. NEVER USE TWO CONDOMS AT THE SAME TIME!



IF USING A LUBRICANT, USE A WATER-BASED ONE, NOT VASELINE, COCONUT OIL, OR BABY OIL. IT IS ALSO HELPFUL TO PRACTICE. YOU CAN ALWAYS USE A BANANA!

IF YOU ARE LOOKING FOR MORE INFORMATION ABOUT FREE BIRTH CONTROL OPTIONS PLEASE VISIT ASTEPAHEADCHATTANOOGA.ORG OR CALL 423-265-7837