



- Check the condom to be sure there are no holes or tears in the condom wrapper and that it is not outdated. Holes or tears may mean that the condom has been damaged. Condoms have an expiration date just like some foods or medicines. Outdated condoms are more likely to break. Storing them in very cold or very hot locations can reduce their effectiveness.

If you decide to have sexual intercourse, follow these steps for correct condom use:

1. Remove the condom from the package carefully so that it doesn't rip. Do not use your teeth, scissors, fingernails, or any other sharp object.
2. Do not unroll or damage the condom before it is on the penis. Do not blow into it. Don't twist, bite, poke, or otherwise damage the condom. A damaged condom might allow fluid to leak out, possibly infecting your partner.
3. Put a couple drops of lubricant inside the condom. This will increase the comfort.
4. Place the condom on the penis as soon as the penis is hard and before genital contact. This will help a person catch all of the semen that is ejaculated. Sometimes semen comes out before sexual intercourse. Make sure the roll is on the outside, so the condom can roll down the penis.
5. Pinch the tip of the condom to remove air and leave one-half inch extra space at the tip of the condom to catch the ejaculate if the condom does not have a nipple. This provides a space for the ejaculate to go. If there isn't room at the end of the condom, the condom might tear. Condoms with a nipple at the end are easier to use.
6. Roll the condom on all the way to the base of the penis. This will help to prevent it from coming off. Smooth out air bubbles as the condom unrolls.
7. Put lubricant on the outside of the condom. This will help to prevent tears.

After sexual intercourse:

1. Hold the condom at the rim and withdraw the penis from the partner soon after ejaculation, before the penis becomes soft following sexual intercourse. This will prevent the condom from coming off inside the partner and spilling the fluids it contains.
2. Slide the condom gently off the penis. Don't tug or pull the condom off. It may tear.
3. Keep the used condom away from the partner's body, especially his or her genitals. If some of the fluid spills, the partner might become infected.
4. Tie the condom in a knot to prevent spilling the semen, vaginal, or anal secretions.
5. Wrap the condom in tissue and dispose of it in a wastebasket, not in a toilet or where pets can get to it. Use a condom only once.
6. Wash your hands or body parts if a spill occurs. Your hands are used to touch so many other things that, if fluids remain on your hands, you could transmit infections.

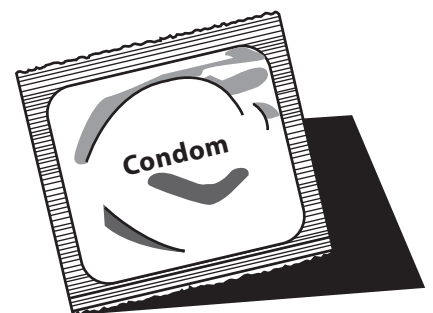
Review appendix L, "Condoms and STDs: Fact Sheet for Public Health Personnel," or visit these websites for additional information:

Centers for Disease Control and Prevention

- www.cdc.gov

World Health Organization

- www.who.int





Condoms: Use Correctly and Consistently

Directions: Review the steps for correct condom use that your group is assigned. Answer the questions on the right-hand side of the chart across from your assigned steps. Be prepared to share your answers.

BEFORE CONDOM USE	
<p style="text-align: center;">Group 1</p> <ul style="list-style-type: none"> • <u>Talk</u> with your partner about the possible consequences of having sex. • <u>Wait</u> until both people are of legal age and willingly agree to have sexual intercourse. • <u>Talk</u> about how you will reduce the risks of pregnancy and STIs. 	<p style="text-align: center;">Answer These Questions</p> <ul style="list-style-type: none"> • Why do you think these three steps are important? • Why do you think these steps are first? • What is the legal age for sex?
<p style="text-align: center;">Group 2</p> <ul style="list-style-type: none"> • <u>Choose</u> a latex or polyurethane condom. • <u>Obtain</u> condoms and a water-based or silicone lubricant. • <u>Look</u> at the condom to be sure there are no holes or tears in the condom wrapper and that it is not outdated. 	<p style="text-align: center;">Answer These Questions</p> <ul style="list-style-type: none"> • Why do you think these three steps are important? • Where would you get condoms? • Why is the type of condom important?

