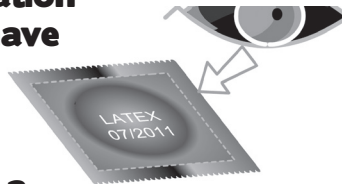


TEN THINGS to know about USING A CONDOM (correctly)

1. To begin with, plan ahead and have condoms with you if you think you might want to have sex. Don't rely on your partner to have condoms.

2. Check the expiration date (yes, they have them). If it is past the date, throw out the condom and get a new one.



4. Open the condom carefully, so you don't tear it. It's very easy to tear the condom inside, so don't use your fingernails or teeth when opening the wrapper. If you do



tear a condom while opening it, throw that condom away and get a new one.

3. Store condoms in a cool, dry place, like a dresser drawer. Don't leave condoms in hot places like your wallet or in your car.

5. Put the condom on an erect (hard) penis **BEFORE** there is **ANY** contact with a partner's genitals (**BEFORE** the penis touches the vagina, mouth or anus.)

6. When putting the condom on an erect penis, be sure to hold the condom by the tip to squeeze out the air. Leave some space at the tip to hold the ejaculate (cum).



7. If you start to unroll the condom the wrong way on the penis, take it off, throw it away, and get a new condom. **DON'T** flip the condom over and re-roll it on the penis.

8. After sex, be sure to hold the condom in place at the base of the penis before withdrawing (pulling out).

9. Always throw the condom away after it has been used. **NEVER** reuse a condom.



10. Talk with your partner about condoms **BEFORE** you start to have sex. When it's hot and heavy it might be easy to have sex without a condom "just this once."

LEARN MORE ABOUT CONDOMS FROM THE AMERICAN SOCIAL HEALTH ASSOCIATION AT www.ASHAst.org

