

## How to Put on a Condom

STEP 1



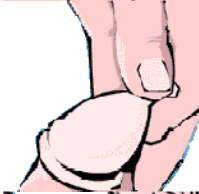
Prior to putting on a condom, make sure you avoid any contact between the penis and your partner's genitals, mouth or anus.

STEP 2



When the penis is erect, tear along one side of the foil to open the packet, being careful not to tear the condom inside.

STEP 3



Squeeze the closed end of the condom between your forefinger and thumb to expel any air and place the condom over the erect penis.

STEP 4



While still squeezing the closed end, use your other hand to unroll the condom gently down to the base of the penis. If necessary, apply a water-based lubricant.

STEP 5



During sex, make sure the condom stays in place. If the condom rolls up, roll it back into place immediately. If the condom comes off, withdraw the penis and put on a new condom before intercourse continues.

STEP 6



Soon after ejaculation, withdraw the penis while it is still erect by holding the condom firmly in place. Remove the condom only when the penis is fully withdrawn. Be careful not to allow the condom or the penis to touch your partner's genitals, mouth or anus.

STEP 7



Dispose of the used condom hygienically in the bin.