

## Correct Condom Use



1. Carefully open the condom wrapper, using the side with the rough edge, and remove the condom. Be careful not to damage the condom with your fingernails. Do not put the condom on until the penis is fully erect. Before putting on the condom, avoid all contact between the penis and the partner's body, because it is possible for sperm to leak out of the penis before the condom is put on.

### PINCH



2. **PINCH** the tip of the condom to remove the air. Always double check that the side that unrolls faces the outside.

### UNROLL



3. Put the condom on the tip of the fully erect penis and **UNROLL** it as far as possible to the base of the penis, keeping the tip pinched – leaving space (but no air) at the tip to collect the ejaculate. Do not force the condom to unroll if it won't unroll – it is possible that the condom is inside-out. If the condom is put on correctly, the tip won't have any air in it. If air remains in the tip, don't risk it – toss out the condom and use another one. If there is air in the tip, it could break during sex.



4. Remove the penis from your partner after ejaculating, but before the penis loses its erection. Be sure to hold the condom at the base of the penis. This small step keeps the condom from falling off. Avoid touching your partner's body with your penis or with the used condom.



5. Fold the condom up in toilet paper to avoid leakage. Toss out the condom in a latrine, or bury it in a hole. Always make sure that the used condom is out of reach of children or animals. A condom can only be used once !

Don't forget, **PINCH and UNROLL !**