

Cover:

Huxiang Hao logo

“Hu Xiang Hao” recommends you Female Condom

PSI Population Service International      Yunnan PSB Narcotic Control Bureau Anti-drug Division

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Female condom has an outer ring and an inner ring.

Comparing to male condom, it also has other advantages as follows:

- ❖ Thin, soft, odorless, and stronger than those latex male condoms.
- ❖ It is heat seeking and clings to the vagina wall. Many find it is sensitive and pleasurable.
- ❖ No hyper susceptibility.
- ❖ The female condom doesn't need any special storage condition. It will not deteriorate in high temperature or humid weather.

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- ❖ Depending on your personal preference both oil-based and water-based lubricant can be used such as cooking oil, coconut oil, Vaseline and baby-oil etc.

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Carefully tear open the packet along the edges and remove the condom without scissors or knives.

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- ❖ The female condom is a barrier method that provides “dual protection” in preventing unintended pregnancy and STDs including HIV/AIDS.
- ❖ Is made of polyurethane and is odorless and is for one time use.
- ❖ The outer ring covers the vagina and the external genitalia of woman and the base of the penis. Female condom protects female health completely.

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Hold the condom with the open end hanging down by thumb, index finger and middle finger.

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Find a comfortable position to insert the condom (squat, sit with your knees apart or stand with one foot on a chair.)

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Still squeezing with your three fingers insert the inner ring of the condom into your vagina.

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Put your index finger inside the condom until you can feel the inner ring. Use your finger to push the ring up inside the vagina. You can tell the condom is in place when the inner ring moves or clicks into position behind the pubic bone.

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The outer ring should lie flat against the opening of your vagina. Then, you can have sex with your partner now.

Page 10:

Use your hand to guide your partner's penis into the condom. Make sure the outer ring lies flat against the vagina opening. Make sure the penis does not insert between the condom and the vagina wall.

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After sex, remove the female condom by twisting the outer ring and pulling it out gently.

Wrap the condom with a paper or plastic bag and throw it into the garbage bin or dustbin. Do not flush it. It can produce blockage.

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Female condom protects female health completely.