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How to Use a Condom (Rubber)



When used the right way, condoms can help protect you from pregnancy and sexually transmitted diseases, including HIV, the virus that causes AIDS.

**Help prevent disease:
use condoms for vaginal, anal,
or oral sex.**

All latex condoms sold in the U.S. meet the same standards for strength and quality. Condoms made from "natural" materials such as lambskin do not protect against disease.

If you have a latex allergy, you can use polyisoprene or polyurethane condoms. Both condoms protect you against sexually transmitted diseases. You can buy them in most places where condoms are sold.

**Do not store condoms in
your wallet, the glove compartment
of your car, or near heat.**

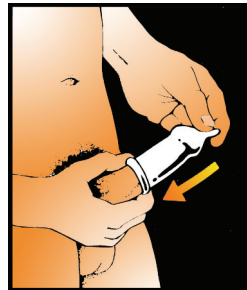
Using the condom



Put the condom on before you have any contact between your penis and your partner.

Once the penis is hard, pinch the tip of the condom to squeeze out air. This leaves room for semen once you come (ejaculate).

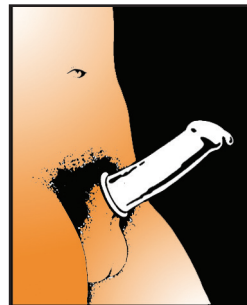
Roll the condom all the way down the penis



Place the condom on the end of the penis and roll it down.

If you start rolling it down and discover the condom is inside out, throw out the condom and begin again with a new condom.

Pull out while your penis is still hard



After you come (ejaculate), hold onto the condom at the base of the penis.

Continue to hold the tip.

Use a new condom each time you have sex



Throw used condoms in the trash (not down the toilet).

Never use a condom more than once.



Using and Storing Condoms

- Store condoms in a cool, dry place away from heat and direct sunlight.
- Do not use after the expiration date.
- Do not use your teeth, nails, or other sharp objects when opening the package.
- Handle the condom carefully once you remove it from the package.

Tips on Condoms and Partners

- Think ahead about what you want to say and how you can start the conversation.
- Discuss condom use with your partner before taking your clothes off. Once naked, feelings of vulnerability can make talking about condoms harder.
- Shop for condoms with your partner. Try different brands and styles.
- If you find using condoms interrupts foreplay, make the condom part of foreplay.
- Have your partner manually stimulate you while you put on the condom.
- Have your partner put the condom on for you.

Using condoms is like learning to wear a seat belt all the time – it takes practice to make it a habit.

Use Lube

- Add a drop or two of a water-based lubricant like K-Y® or Astroglide® to the outside of the condom. Re-apply as needed as friction can dry out the condom.
- Try different lubes until you find one you like.
- Always use water-based lubes with latex condoms.
- You can increase sensations by putting a drop of lube inside the condom before putting it on.
- Experiment with different lubes. Be sure to only use water-based lubes with latex condoms.
- Never use Vaseline®, hand lotion or any other oil-based lube. Oil can break latex condoms.
- Lubricants like K-Y® or ForPlay® are safe to use with latex condoms.



If you do not like the first style of condom you use, try another brand or style.

Different brands and styles feel different.