

Correct Male Condom Use:

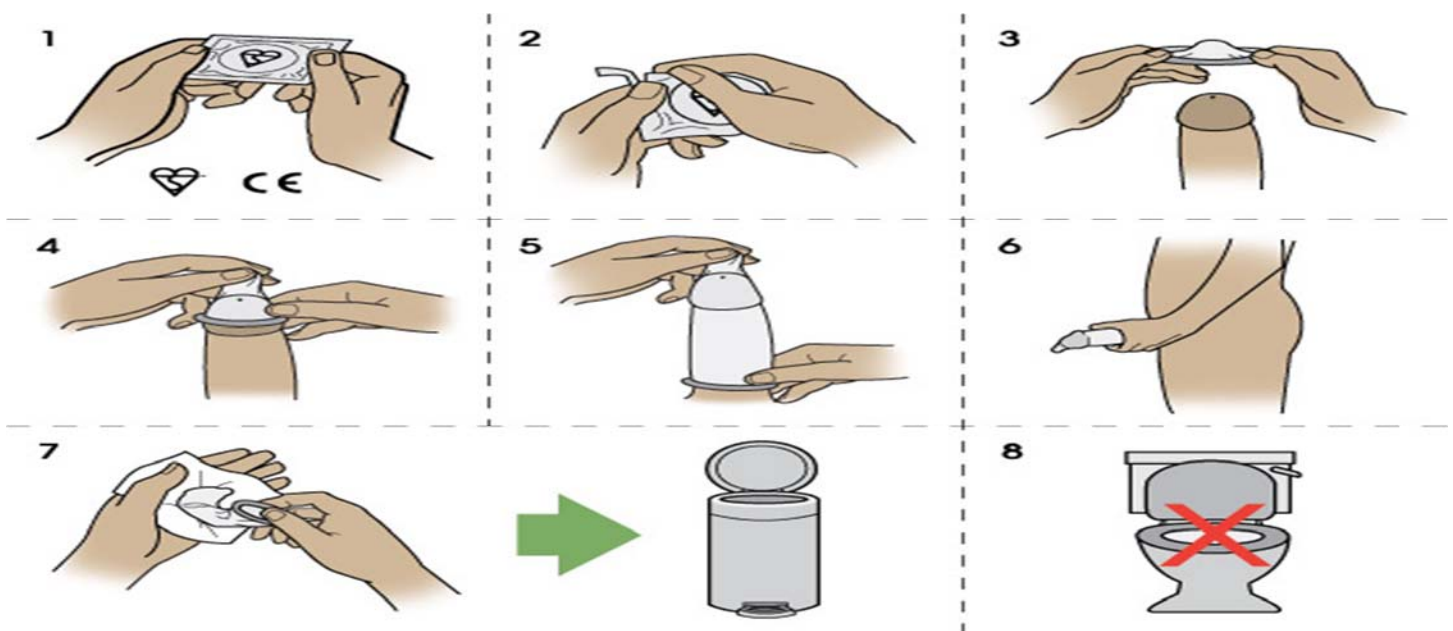


Figure 1 - Check the expiration date on the condom, only use it once.

Figure 2 - Carefully open, be sure not to tear it. If torn, brittle, stiff, or sticky, throw it away.

Figure 3 - Put on before the penis touches the vulva.

Figure 4 - Pinch half-inch space at tip to collect semen.

Figure 5 - Roll it all the way down to the base of the penis. Smooth out any air bubbles. (Bubbles can tear)

Figure 6 - After ejaculation, hold the condom against the base of erect penis. Don't spill the semen. Then roll condom away from penis.

Figure 7 & 8 - Wrap in tissue and throw away in trash and never in the toilet.

Correct Female Condom Use:

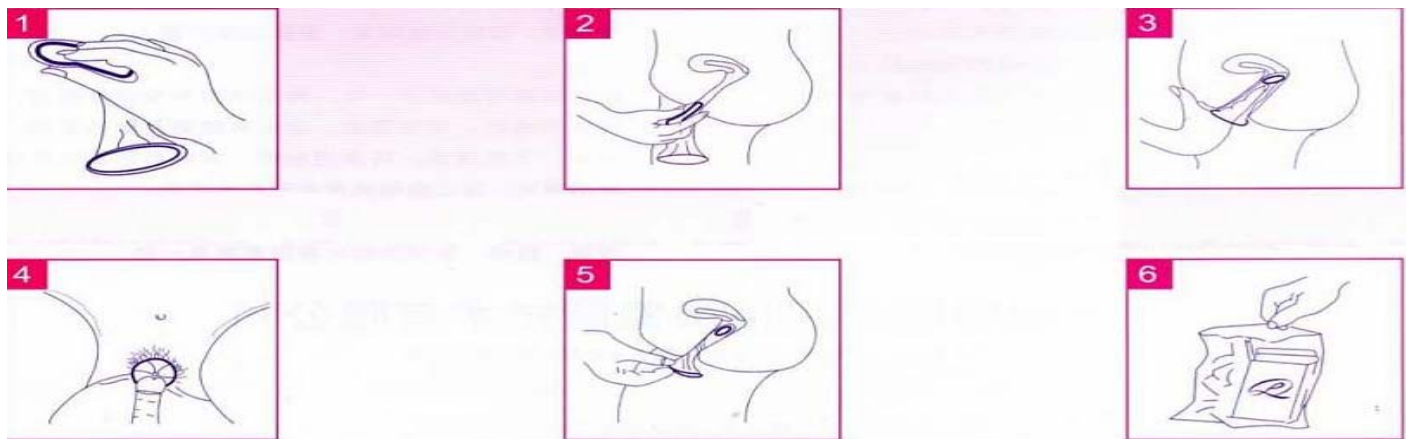


Figure 1 - Find a comfortable position. You can stand with one foot on a chair, sit on the edge of a chair, lie down, or squat.

Figure 2 & 3 - Squeeze the sides of inner ring at closed end of condom and insert into vagina. Push the inner ring into vagina as far as it can go- until reaches the cervix making sure that the outer ring lies against the outer lips of the vagina.

Figure 4 - During intercourse, it is normal to feel condom move side to side. Stop if penis slips and remove.

Figure 5 - To remove, squeeze and twist outer ring to keep semen inside the pouch. Gently pull out of anus or vagina.

Figure 6 - Throw away in a trash can. Do not flush. Do not reuse.