

Remember, the condom protects you from Sexually Transmitted Infections and HIV. Always use condoms to protect yourself!



### HOW DOES A CONDOM WORK?

- A condom covers the penis during sex. It blocks sperm from reaching the egg. If the sperm does not reach the egg, you cannot get pregnant.
- No method of birth control is 100% effective. The condom is 82-98% effective.

### WHEN DO I USE A CONDOM?

- Put on a condom only when the penis is partially or fully erect.
- Use a new condom each time you have sex.
- Make sure that the condom has not expired.

### HOW DO I USE A CONDOM?

- Pull back the foreskin. (Skip this step if the man has no foreskin.)
- Place the rolled condom over the tip of the hard penis.
- Pinch the tip of the condom. Leave a half-inch space between the tip of the condom and the tip of the penis.
- Roll the condom all the way down to the base of the penis and smooth out any air bubbles.

### HOW DO I REMOVE A CONDOM AFTER SEX?

- Hold the condom against the base of the penis as you withdraw the penis from the vagina.
- Remove the condom from the penis and throw it away.

### WHAT IF I STOPPED USING A CONDOM AND HAD UNPROTECTED SEX? WHAT IF THE CONDOM BREAKS?

- Take Emergency Contraception (EC) **right away**. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

### HOW DOES THE CONDOM HELP ME?

- Easy to get.
- Can be put on as part of sex play.
- Can help relieve early ejaculation.
- Protects against HIV and many other Sexually Transmitted Infections.

### DO CONDOMS HAVE RISKS?

- Condoms are a safe and effective birth control method.
- There are no serious problems when using condoms. If you are allergic to latex, use polyurethane condoms.

