



Condoms

Condoms should be used while having sex. They help prevent the spread of sexually transmitted infections (STIs) and reduce the risk of pregnancy. Some STIs that condoms help protect against are genital herpes, gonorrhea, chlamydia, trichomonas, hepatitis B, hepatitis C, and HIV/AIDS. Condoms keep genitals (penis and vagina) and fluids from touching a sexual partner. There are two types of condoms – external and internal.

Getting condoms

You can get condoms at:

- drug store
- vending machine
- family planning clinic

When choosing condoms check their expiration date. Make sure the condoms you use are:

- latex
- labeled to prevent diseases
- not exposed to heat or sunlight

Safety

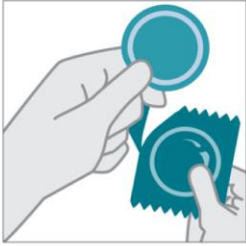





- Use latex condoms unless you have a latex allergy. **Use polyurethane (latex-free) condoms if you are allergic to latex.**
- Do not use 2 condoms at the same time. This means not 2 male condoms or a combination of male and female condoms.
- Condoms can last up to 2 years if kept in a cool, dry place.
- Do not keep condoms in your car or wallet. Both of these can expose the condom to heat. Heat weakens condoms and makes them less effective.

Lubrication

- Lubricants, or “lube,” are liquids or gels that prevent friction during sex. Friction can cause condoms to break. This can lead to STI exposure or pregnancy.
- Do not use Vaseline®, petroleum jelly, hair oil, or baby oil on condoms. These can make the condom break. Use water-based or silicone-based lubrication. You can buy condoms that are already lubricated.

External condom









The external condom, or male condom, is placed over an erect penis.

1.		<p>External condoms go over the penis to protect you and your partner(s). Have a condom to use before any sex.</p> <ul style="list-style-type: none">• Fluid may come out of the penis before ejaculation (semen discharge). This fluid carries sperm that can cause pregnancy. It can also carry STI viruses or bacteria.
2.		<p>Put a condom on the head of the penis when it is first erect and before it enters a sexual partner.</p> <ul style="list-style-type: none">• For an uncircumcised penis, pull the foreskin all the way back before putting the condom on the end of the penis.
3.		<p>Pinch the tip of the condom and leave a $\frac{1}{2}$ inch space for semen to collect.</p> <ul style="list-style-type: none">• The tip should not have air in it to avoid stretching.• Squeeze any air out of the condom.
4.		<p>While holding the $\frac{1}{2}$ inch tip, unroll the condom all the way up to the base of the penis.</p> <ul style="list-style-type: none">• Put lubricant on the outside of the condom if desired.• If you or your partner feels the condom break, stop having sex. Put a new condom on before continuing sex.
5.		<p>After ejaculation, remove the penis and condom from your partner(s). Hold the ring of the condom against the base of the penis during removal.</p> <ul style="list-style-type: none">• This should be done before the penis gets soft. This is to keep the condom from slipping off and spilling semen.
6.		<p>Throw the used condom away.</p> <ul style="list-style-type: none">• Wash penis and the area around it right after sex.• Use a new condom every time you have sex. Do not reuse the same condom.

Source: [National Center for HIV, Viral Hepatitis, STD, and TB Prevention, Centers for Disease Control and Prevention](#)

Internal condom

The internal condom, or female condom, is placed inside a vagina.

1.		Internal condoms go inside the vagina to protect you and your partner(s). Have a condom to use before any sex. <ul style="list-style-type: none">• Open carefully to avoid tearing when ready to use.
2.		The thick, inner ring with a closed-end is placed in the vagina. This holds the condom in place. The thin, outer ring stays outside of the body. This covers the opening of the vagina.
3.		While holding the condom at the closed end, squeeze the sides of the inner ring together. <ul style="list-style-type: none">• Using your thumb and forefinger, place condom in the vagina.
4.		Push the inner ring as far up as you can. The condom should rest against the cervix. <ul style="list-style-type: none">• The condom will expand on its own. You may not feel it.
5.		Do not to twist the condom after it is in place. <ul style="list-style-type: none">• The thin, outer ring should stay outside of the vagina.
6.		Guide partner's penis into the opening of internal condom. <ul style="list-style-type: none">• Stop having sex if you feel the penis slip between the condom and walls of the vagina.• Stop having sex if you feel the outer ring touching the vagina.
7.		When you are finished having sex, you can remove the condom. <ul style="list-style-type: none">• Pull it out of the vagina by gently twisting the external ring.
8.		Throw the used condom away. <ul style="list-style-type: none">• Use a new condom every time you have sex. Do not reuse the same condom.

Source: [National Center for HIV, Viral Hepatitis, STD, and TB Prevention, Centers for Disease Control and Prevention](#)