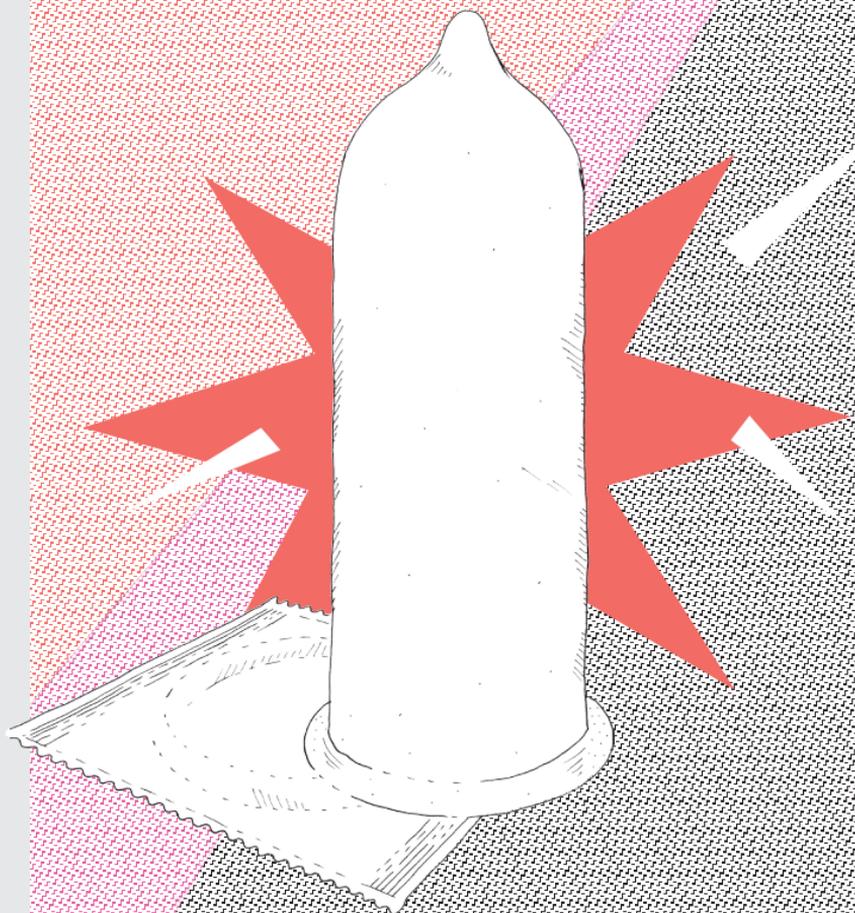


CONDOMS

GOOD

AND BAD WAYS

TO USE THEM



CONDOMS PROTECT YOU FROM DISEASES AND PREGNANCY

Correctly used, condom is a reliable method of contraception, which also avoid contracting HIV and other Sexually Transmitted Infections (STI).

MALE CONDOM:



1



3



2



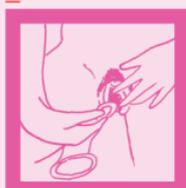
4

- 1 Open the pocket with your fingers, not with your teeth, nails or sharp objects, they could damage the condom.
- 2 You must put the condom on the penis when it is hard and before any sexual contact.
- 3 Pinch the reservoir to trap the air.
If sex is not circumcised, first push the skin.
- 4 Unroll the condom on the penis while keeping the reservoir pinched, Never put one condom on top of another, they could burst.

FEMALE CONDOM:



1



3



2



4

- 1 Wash your hands before handle the condom, and check the expiry date.
- 2 Press the smallest ring to make it long and narrow. This ring will keep the female condom in place during sexual relations.
- 3 Then carefully insert the ring into the vagina, like a tampax.
- 4
 - With your finger push the curved ring as far as possible,
 - Make sure the condom does not get twisted.
 - The ring is set up at the womb door
 - If you are not sure, you can do it again.

REMEMBER ↓

- Use your own condoms and not the client's condoms.
- For blowjobs and anal sex use male condoms.
- For vaginal penetration use either male or female condom but never together!
- Use lubricant to help condoms not to break.
- Use water lubricant, not soap, cream or oil with condoms, it will increase the risk for condoms to burst.

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