1. Carefully open package so condom does not tear. Do not unroll condom before putting it on.

2. If not circumcised, pull foreskin back. Squeeze tip of condom and put it on end of hard penis.

3. Continue squeezing tip while unrolling condom until it covers all of penis.

4. Always put condom on before entering partner.

5. After ejaculating (coming), hold rim of condom and pull penis out before penis gets soft.


7. Throw away or bury the condom.

Remember:
- Do not use grease, oils, lotions, or petroleum jelly (Vaseline) to make condoms slippery. These make condoms break. Only use a jelly or cream that does not have oil in it.
- Use a condom each time you have sex.
- Only use a condom once.
- Store condoms in a cool, dry place.
- Do not use condoms that may be old or damaged.

Do not use a condom if:
- the package is broken
- the condom is brittle or dried out
- the colour is uneven or changed
- it is unusually sticky.