

# How-to **GUIDE**



- Check expiry date and package. Push condom to the side and open.
- Put condom on before any genital contact.



- Put condom on erect penis and place ring facing outward, so condom will unroll properly.



- Pinch the tip of condom lightly before placing it on penis. With your other hand, unroll it right down to the base of the penis.



- You may put a few drops of water-based or silicone-based lubricant outside and/or inside the condom.



- After ejaculation, withdraw while penis is still hard, holding the base of the condom.
- Keep condoms in a cool dry place, away from direct light.

**DO NOT FLUSH CONDOMS DOWN THE TOILET.  
NEVER RE-USE A CONDOM!  
REMEMBER TO HAVE STI TESTING!**

**CAUTION:** These products contain natural rubber latex which may cause allergic reactions. If burning or irritation is experienced, discontinue use. Medication which are applied to either penis or vagina may affect the condom. Please check with your doctor or pharmacist.

Although no prophylactic or contraceptive can guarantee 100% effectiveness, proper use of condoms will help reduce the risk of transmission of HIV (AIDS) and many other sexually transmitted infections, as well as guarding against unwanted pregnancy. Condoms are primarily intended for use in vaginal intercourse, other uses can increase the potential for breakage.



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Using a condom