

# How to Use a Condom Correctly, Every Time

## External (Male) Condom


### Protect yourself and your partner(s):

Using a condom correctly every time you have sex will:

- Reduce your risk of most STDs (sexually transmitted diseases), including HIV.
- Reduce the risk of pregnancy.



### How to put on a condom correctly:

1. Check the expiration date.
2. Make sure the package has an air pocket and then carefully tear open the package. Do not use your teeth or scissors.
3. Make sure the ring of the condom is on the outside. It should roll down easily. 
4. Put the condom on as soon as the penis is hard.
5. Pinch the tip of the condom to keep air out and leave space for the semen (cum) to go. If uncircumcised, pull back the foreskin.
6. Keep holding the tip and roll down to the base of the penis.
7. After sex, hold the base of the condom while pulling the penis out so the condom doesn't slip off.
8. Remove condom and throw away in the trash.



Images courtesy of CDC

### Do's and Don'ts of Using a Condom

#### DO:

- ✓ Use a latex, polyurethane or polyisoprene condom. They come in different sizes, shapes, thicknesses, and textures.
- ✓ Use water-based or silicone-based lubricants (lubes) or a pre-lubricated condom to help prevent breakage.
- ✓ Store condoms in a cool, dry place away from sunlight.

#### DON'T:

- ✗ Do not use a condom after the expiration date noted on the package.
- ✗ Do not use two condoms at once.
- ✗ Do not reuse condoms.
- ✗ Never use oil-based lubricant (like lotion, Vaseline, mineral oil, etc.). Oil can make the condom more likely to tear.

### Quick Facts

- Talk to your partner(s) about the importance of using condoms.
- Use a latex, polyurethane, or polyisoprene condom every time you have sex (vaginal, oral and anal).
- Anyone of any age can buy condoms without a prescription.
- Condoms reduce the risk of STDs, HIV and pregnancy.

### For more information:

Los Angeles County  
Department of Public Health

<http://publichealth.lacounty.gov/dhsp/Condoms.htm>

#### BEDSIDER

[https://www.bedsider.org/methods/condom#how\\_to](https://www.bedsider.org/methods/condom#how_to)

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/condomeffectiveness/male-condom-use.html>

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