HOW DOES A CONDOM WORK?
• A condom covers the penis during sex. It blocks sperm from reaching the egg. If the sperm does not reach the egg, you cannot get pregnant.
• No method of birth control is 100% effective. If you use a condom each time you have sex and it does not break or slip off, it is 98% effective. If the condom breaks or slips off, it is 82% effective.

WHEN DO I USE A CONDOM?
• Put on a condom only when the penis is partially or fully erect.
• Use a new condom each time you have sex.
• Make sure that the condom has not expired.

HOW DO I USE A CONDOM?
• Pull back the foreskin. (Skip this step if the man has no foreskin.)
• Place the rolled condom over the tip of the hard penis.
• Pinch the tip of the condom. Leave a half-inch space between the tip of the condom and the tip of the penis.
• Roll the condom all the way down to the base of the penis and smooth out any air bubbles.

HOW DO I REMOVE A CONDOM AFTER SEX?
• Hold the condom against the base of the penis as you withdraw the penis from the vagina.
• Remove the condom from the penis and throw it away.

WHAT IF I STOPPED USING A CONDOM AND HAD UNPROTECTED SEX? WHAT IF THE CONDOM BREAKS?
• Take Emergency Contraception (EC) right away. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

HOW DOES THE CONDOM HELP ME?
• Easy to get.
• Can be put on as part of sex play.
• Can help relieve early ejaculation.
• Protects against HIV and many other Sexually Transmitted Infections.

DO CONDOMS HAVE RISKS?
• Condoms are a safe and effective birth control method.
• There are no serious problems when using condoms. If you are allergic to latex, use polyurethane condoms.