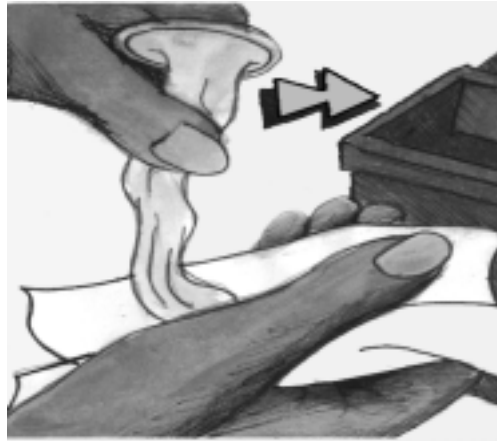


Your penis must be withdrawn after the man comes (ejaculates) before it goes soft. Hold onto the condom firmly at the base of the penis and withdraw the penis while still hard. While doing this remember to keep the condom and penis clear from contact with your partner's vagina or anus.



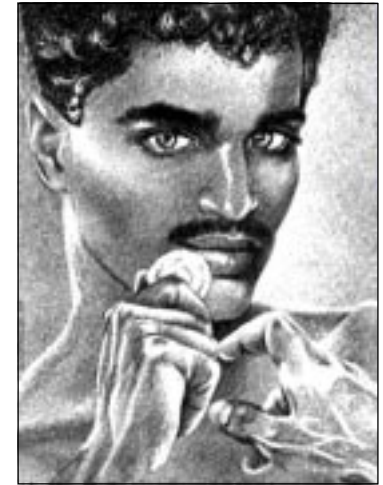
Wrap the condom in a tissue and dispose of it hygienically (not down the toilet!) in a waste bin.



REMEMBER:

- * Never use a condom more than once.
- * Always use a condom from a package that is still within the expiry date.
- * Always ensure that you are putting on a condom correctly, otherwise they can be damaged or burst.

For further information call:

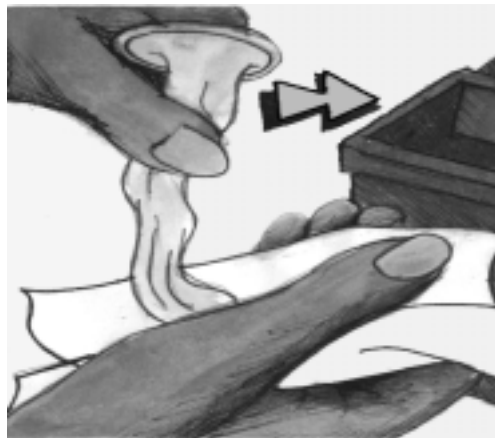


It's That Condom Moment

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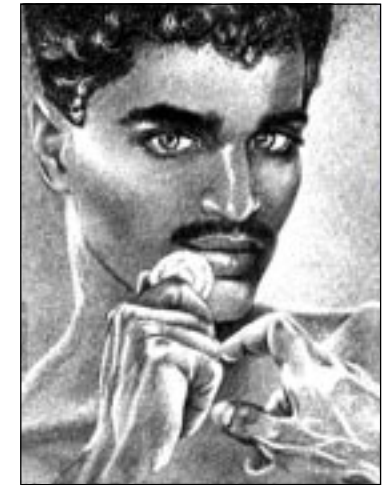
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It's That Condom Moment

Do you always use a CONDOM when you have anal or vaginal sex?

If you do not then your health and your life may be at risk from HIV which leads to AIDS, or other sexually transmitted infections.

How to use a condom properly

Open the package carefully making sure that you don't scratch the condom with your fingernails. Gently squeeze the other side so the condom will slide out.



Your penis must be erect before the condom is put on. If you are not circumcised, pull your foreskin down before you put the condom on. Because pre-cum can contain HIV, put the condom on before there is any contact with your sex partner's anus or vagina.



Do not use any oil, ghee, or similar product for lubrication. They will damage the condom. Only use a water-based lubrication, such as KY jelly.

Squeeze the air out of the tip of the condom and place the rolled condom of the head of the erect penis, with roll facing outside.



Unroll the condom gently down the full length of the hard penis as far as it will go, still squeezing the closed end.

Once the condom is on, put some water-based lubricant over the condom, and also in the anus or vaginal openings. This will help ease the act of penetration and reduce pain as well as any tissue damage.



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