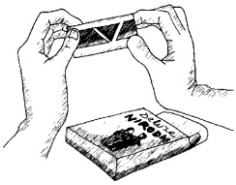
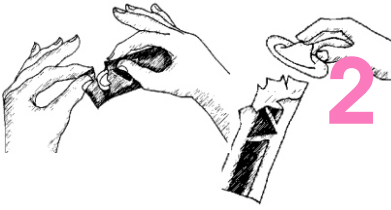


Tips for proper condom use



1

Check the expiry date on the condom pack. An expired condom can break during sex



2

Tear one end of the condom pack and gently press the other end so that the condom slides out easily.

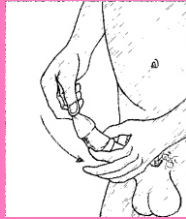
Be careful if you have long nails – they may tear the condom

3



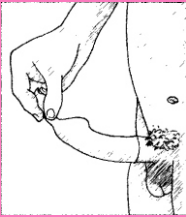
Put the condom on only after the penis is fully erect. Make sure the lubricated side of the condom is on the outside. Avoid any kind of penetration (anal, oral or vaginal) before the condom is put on.

4



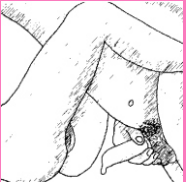
Always hold the space at the end of the condom to squeeze out air, and then gently un-roll it on the penis – right down to the base

5



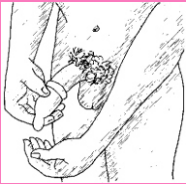
Make sure there is space at the tip and that the condom is not broken. If needed, apply water-based lubricant on the condom at this stage for extra smoothness during anal sex.

6



After ejaculation, hold onto the condom at the base of the penis and pull the penis out of your partner's body before it gets soft. Otherwise the condom may remain inside the anus, vagina or mouth

7



Remove the condom off carefully, away from the sexual partner's body, without spilling the semen



8

Tie up the condom with a knot, wrap in a piece of paper and throw it in a dustbin.

Do's and Don't's

Do use only water-based lubes like KY Jelly (sachet or tube – check for expiry date) or saliva. **Don't** use any kind of oil, cream or grease as these can damage the condom.

Do make sure the condom stays on the penis during the whole time of the sexual act. If it slides off or breaks, **don't** reuse the same condom - use a new one

Do store condoms in a cool dark place, as heat - even body heat - weakens and destroys them. **Don't** carry them in the back pockets of your trousers or in your wallet.

NEVER reuse a condom!
Use a new condom for every sexual act

*Let's talk about
Love!*

*Sharing and Caring,
Protecting Health, Staying Alert*



Tips for proper condom use

Designed by SAATHII in consultation with
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which includes AASHA, Maruploi Foundation and SAVE,
all three CBOs for MSM, transgender people
and other sexual minorities in Manipur

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