

Using Condoms

Condoms can help protect you against pregnancy, HIV, and other sexually transmitted infections (STIs).

- Use a latex or polyurethane condom for vaginal, oral, and anal sex.
- Use a new condom every time you have sex. Use a condom once and then throw it away.
- Condoms are available in different sizes, colors, and styles. Choose one that you like.



How to use condoms successfully

- Check the expiration date on the condom package.
- Make sure there are no holes.
- Don't store condoms where it is too warm. Heat can damage the condoms.
- Don't carry condoms in your wallet for too long. Replace them at least once a month.
- Use a water-based lubricant with a condom. This will help it feel sexier and it will be less likely to break.
- Put the condom on **before** you put your penis inside your partner.

Step 1

Hold the tip of the condom to squeeze out the air. This leaves some room for the semen when you come (ejaculate). Put the condom on the end of your penis.



Step 2

Keep holding the tip of the condom. Unroll it onto your erect penis all the way down to cover the whole penis.



What to do after you have sex:

After you come (ejaculate):

- Hold onto the condom.
- Pull out of your partner while your penis is still hard.
- Carefully take off the condom.
- Throw it away in the trash, not the toilet.

What to do if the condom breaks:

- Emergency Contraceptive (EC) pills can be taken within 5 days to prevent pregnancy.
- Your Family PACT provider can give you EC pills or a prescription to get EC pills at no cost.
- You or your partner can also get some kinds of EC pills from a pharmacy without a prescription if you are 17 years old or older.

Want to find out more?

To find a Family PACT provider near you:

- Go to www.familypact.org and type in your zip code in the “Find Providers” box.
- Call 1-800-942-1054.
- All Family PACT services and birth control methods are at no cost to Family PACT clients.



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