



Male Condoms

How to Use in 6 Simple Steps:

1. Find the expiration date on the wrapper; toss your condom if it is past its prime or seems damaged. Grab a new one!
2. Open the package carefully to avoid damaging the condom—do not use your teeth, scissors or other sharp objects.
3. Put on the condom **after** the penis is erect but **before** any sexual contact. Unroll it all the way down to the base of the penis.
4. Be sure there is about a half inch at the tip; squeeze out any extra air.
5. After sex but **before** the penis becomes soft, hold the base of the condom (where the ring is) and pull your penis out of your partner so nothing spills.
6. Carefully slide off the condom and throw it in the trash.

If you put on a condom the wrong way by mistake, just throw it out and use a new one.

A Few Tips:

- Use only **water-based** lubricants (e.g., K-Y jelly, Astroglide, Kama Sutra, Liquid Silk) with **male latex** condoms. Oil-based lubricants (petroleum jelly, massage oils, body lotion) can spoil the fun by causing latex condoms to break.
- Don't use two male condoms at the same time to cover the penis—it can make the condoms slip off or break.
- Never use a male and female condom at the same time—it makes friction that can cause slipping or tearing.
- Use a new condom **each time** you have anal, oral or vaginal sex.
- Change to a new condom if you have prolonged vigorous and/or anal sex to avoid tearing or breakage.
- **Never** reuse a condom—throw it in the trash (condoms can clog toilets) after using it and start over with a new one.
- Use a new condom with each new partner.

Storing Condoms without Spoiling:

Store unused condoms at room temperature (not in extreme heat or cold) and away from moisture, direct sunlight and direct fluorescent light. Don't store condoms in a glove compartment, wallet or back pocket where the temperature and humidity can damage them. And don't use them after the expiration date.

For free NYC condoms, visit: <http://www.nyc.gov/html/doh/html/condoms/condoms-where.shtml>