

# HOW TO USE A CONDOM

Think ya know it all? Well, indulge us and review the basics anyway. Condom breakage is often the result of improper use, so learn to use them correctly.

Latex condoms, when used consistently and correctly during vaginal, oral, or anal intercourse, are highly effective in preventing pregnancy the sexual transmission of HIV. They are also effective in preventing most sexually transmitted infections (STIs). Gonorrhea, chlamydia, and trichomoniasis are transmitted when infected semen or vaginal or other body fluids contact mucosal surfaces. Condoms provide a great level of protection against these STIs because they protect both partners against exposure to the other's body fluids. Condoms also provide some protection against STIs such as genital herpes, syphilis, chancroid, and human papillomavirus (HPV) - which are transmitted primarily through contact with infected skin or with mucosal surfaces. Because these STIs may be transmitted by contact with surface not covered or protected by the condom, condoms provide a lesser degree of protection against them. For those with latex allergies, polyurethane condoms are also effective barriers.

## NOW LET'S GET STARTED...

- First, check the expiration date on the condom package. If you're too drunk to find the expiration date, you're too drunk to be having sex!
- Don't use condoms that have been exposed to heat or light (or the one that has been sitting in your wallet since 7th grade) Use foil-wrapped condoms, not clear-plastic wrapped novelty condoms.
- Carefully tear open the package... and not with your teeth!
- Pinch the reservoir tip in between your fingers and unroll the condom all the way down the erect penis, making sure to leave the reservoir tip at the end and making sure to get all the air out.
- Use PLENTY of water based or silicone based lubricant, especially if you are having anal sex. NOTE: Oil based lubricants or lotions like massage oils or Vaseline will destroy the condom!! Remember, failure to use enough can cause the condom to break with friction and may cause physical injury and or discomfort to your partner.
- Pay attention to the condom's position on the penis during sex. Make sure it is rolled down the whole shaft of the penis and that it hasn't slipped off.
- After intercourse, while the penis is still erect, grasp the condom as you pull out. Only then you should remove the condom.
- Wrap the used condom in tissue and toss it in the garbage. Don't flush it! Don't tie the end up, since air kills HIV and some other infectious agents, and sealing up the condom could just prolong the life of the virus.
- Never reuse a condom.
- Put a new condom on if you are switching between vaginal and anal sex, or vaginal and oral sex, or oral and anal sex.