The Right Way To Use A Male Condom

Condom Dos and Don’ts

• **DO** use a condom every time you have sex.
• **DO** put on a condom before having sex.
• **DO** read the package and check the expiration date.
• **DO** make sure there are no tears or defects.
• **DO** store condoms in a cool, dry place.
• **DO** use latex or polyurethane condoms.
• **DO** use water-based or silicone-based lubricant to prevent breakage.

• **DON’T** store condoms in your wallet as heat and friction can damage them.
• **DON’T** use nonoxynol-9 (a spermicide), as this can cause irritation.
• **DON’T** use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break.
• **DON’T** use more than one condom at a time.
• **DON’T** reuse a condom.