

How To Use a Condom

- (1) Use only *latex* condoms.
- (2) Open package carefully. Rough handling and sharp fingernails tear condoms.
- (3) Put the condom on when you are erect, before you enter your partner. (If uncircumcised, pull back foreskin.)
- (4) Hold the tip of the condom to squeeze out the air.
- (5) Keep holding on to the tip of the condom. With the other hand, unroll the condom onto your hard penis, all the way to the bottom of the shaft. (After covered, pull foreskin forward - toward the tip - to let the foreskin move without breaking the condom.)
- (6) Use extra water-based lubricant.
- (7) After sex, hold on to the condom and pull out your penis while you are still hard.
- (8) Use a new condom every time you have sex. Use it once and throw it away.

TIPS TO REMEMBER

ALWAYS use condoms for vaginal, anal or oral sex - from start to finish!

ALWAYS use water-based lubricant (K-Y Jelly, Astroglide or glycerin) with latex condoms. Oil-based lubricants (Vaseline, baby oil or cooking oil) can cause latex condoms to break!

HIV Is Avoidable

HIV (Human Immunodeficiency Virus) is found in highest concentrations in blood, semen and vaginal secretions. In order to avoid HIV, avoid contact with these fluids.

Here are a few ways to avoid becoming infected during sex.

Latex Condoms - Latex is an effective barrier in preventing HIV and other STDs. Condoms made of animal skins are not safe! This packet contains lubricated latex condoms.

Water-Based Lubricant - Use only water-based lubricant, such as K-Y Jelly, with condoms. Oil-based lubricants (Vaseline, baby oil, etc.) will cause latex condoms to break.

Oral Barriers - Some condoms are flavored and can be used for oral sex. Dental Dams are made of latex and can be used for oral-genital, or oral-anal sex (rimming).

The only way to know whether or not you are infected with HIV is to get tested. Knowing your HIV status is important in order to protect yourself from becoming infected or from infecting others.



For more information, visit the
North Dakota Department of Health
HIV/AIDS Program website at
www.ndhealth.gov/hiv or
call 800-70-NDHIV (800.706.3448)