



## PROPER CONDOM USE

- Use a condom every time you have sex - anal, oral, or vaginal.
- Latex/polyurethane condoms serve as a barrier to organisms (germs and sperm). "Lambskin" or "natural membrane" condoms are not to be used except to prevent pregnancy
- Have no genital contact until condom is on.
- As soon as the penis becomes erect, put the condom on it.
- Leave a small space in the top of the condom to catch the semen, or use a condom with a reservoir tip. Remove any air that remains in the tip by gently pressing toward the base of the penis.
- Use a water-soluble lubricated condom.
- When you use a lubricant, check the label to make sure it is water-based. Do not use petroleum-based jelly, cold cream, baby oil, vaseline, or other lubricants such as cooking shortening. These can weaken the condom and cause it to break.
- If you feel the condom break while you are having sex, stop immediately and pull out. Do not continue until you have put on a new condom.
- After climax (ejaculation), withdraw while the penis is still erect, holding on to the rim of the condom while pulling out so that it doesn't come off.
- Never use a condom more than once.
- Don't use a condom that is brittle or that has been stored near extreme heat or cold. Check the package for date of expiration.
- A condom can't do you any good if you don't have one when you need it.

Federal Title X funds were used to purchase this document.



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These condoms are provided to you free of charge from the Health Department of Northwest Michigan. Please read the enclosed information carefully.

Rubber latex condoms and spermicidal products, used together, can both reduce the risk of spreading a sexually transmitted disease as well as reducing the chance of causing a pregnancy or becoming pregnant. If you desire more information about birth control, sexually transmitted diseases, or to schedule an appointment for confidential contraceptive clinic services, call the health department:

1-800-432-4121



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