



Use Condom Sense

- 📖 Condoms are very effective when used correctly and every time you have sex.
- 📖 Don't use condoms if the package is torn.
- 📖 Condoms are one-time use only, **DO NOT REUSE**.
- 📖 Use a new condom for each sex act.
- 📖 Use one condom at a time.
- 📖 Condoms containing nonxynol-9 can cause irritation to the vagina and anus.
- 📖 If you are sensitive to latex, use condoms made of polyurethane or polyisoprene.

Condom Use Instructions

- 📌 **Read the package carefully prior to using** the condom to ensure that the condom is effective in preventing HIV, STIs, and pregnancy if used properly.
- 📌 **Check the expiration date** on the condom. Do not use condoms that are expired, yellow, brittle, sticky, or have a hole in them.
- 📌 **Open the package carefully.** Handle the condom carefully so as not to damage it with fingernails, teeth, or other sharp objects.
- 📌 **Pinch the tip of the condom** to keep air out, and put the condom on the head of the erect (hard) penis.
- 📌 **Unroll the condom all the way down to the base of the penis**, before any genital or oral-genital contact with partner or shared toys.
- 📌 To ensure adequate lubrication during sex, **use a water-based or silicone-based lubricant** on the outside of the condom so the condom will be less likely to break.
- 📌 **Remove the condom**, holding it firmly at the base of the penis and withdraw (remove) the penis from your partner **while it is still erect** (hard), making sure no semen spills.
- 📌 Tie the condom and **dispose of it in the trash can**.

Contact Piedmont Care for your safer sex needs--- HIV prevention education, literature, condoms, and Rapid HIV testing (same day results):

- www.piedmontcare.org or (864) 582-7773
- 101 North Pine Street, Suite 200 Spartanburg, South Carolina 29302

Piedmont Care is the nonprofit organization providing HIV and AIDS care, prevention and advocacy in our community.