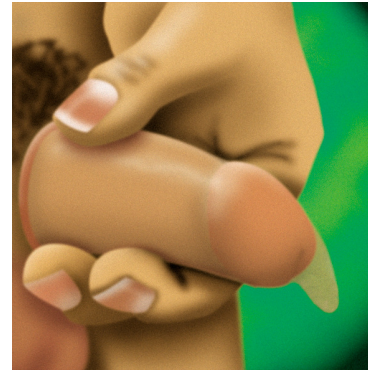


# How to use a condom



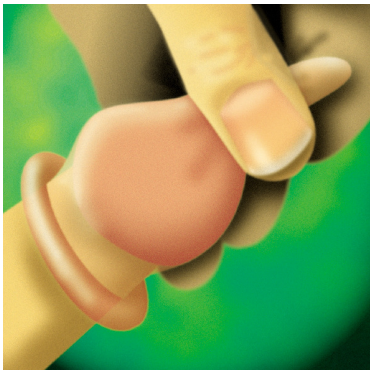
1

Tear one corner of the foil wrapper and squeeze the opposite end to remove the condom. Although strong, condoms can be torn by sharp fingernails or jewellery, so take extra care when handling them



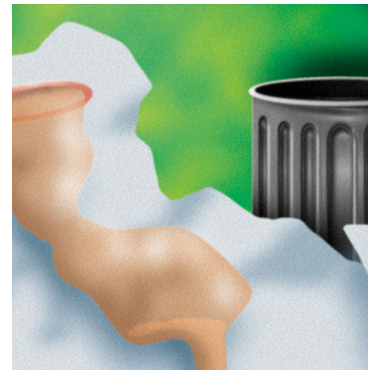
4

Soon after love-making withdraw the penis, holding the condom firmly at the base. When the penis is completely withdrawn, remove the condom and keep both the penis and the condom away from your partner's body



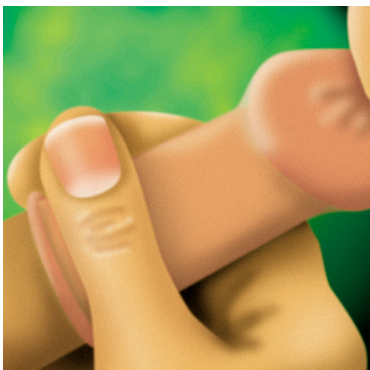
2

The condom should only be put on when the penis is erect and before the penis has been in contact with your partners genitals. The condom can be put on by yourself or your partner



5

Always dispose of a condom hygienically and with care, not down a toilet. Wrap the condom in a tissue and dispose of it carefully in a waste bin



3

Hold the closed end to ensure most of the air is removed (excess air trapped inside could cause the condom to break.) With the other hand, carefully roll the condom to the base of the penis, making sure the roll is on the outside



**NEVER USE  
A CONDOM  
MORE THAN  
ONCE**

