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 nonoxynol-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](http://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.*