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# HOW TO USE A CONDOM

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Disease Prevention department  
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our website at:  
*[www.wechu.org/your-  
health/sexual-health](http://www.wechu.org/your-health/sexual-health)*



## STEP 1



Check that the condom package is not damaged and the condom hasn't passed its expiration date. Carefully tear open and avoid damaging with fingernails.

## STEP 2



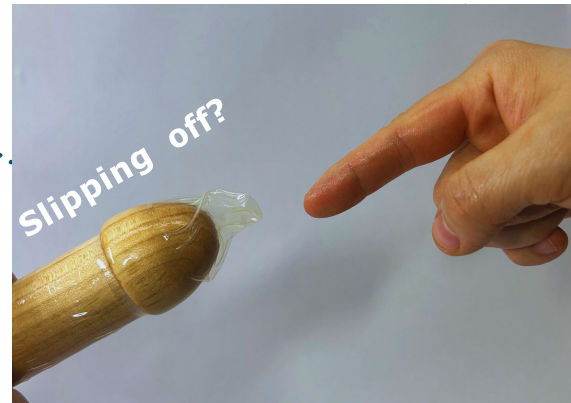
Place the condom on the tip of the penis with the **rolled side out** before any sexual contact. Put condom on before any skin-to-skin genital contact. If uncircumcised, pull the foreskin back.

## STEP 3



Squeeze the tip and unroll the condom down the entire length of the erect penis.

## STEP 4



If condom is slipping off, stop and check that the condom is still in place.

## STEP 5



Grip the rim of the condom firmly and carefully pull out the penis soon after sex and before the penis gets soft. Then gently pull the condom off the penis, making sure that semen doesn't spill out.

## STEP 6



Wrap the condom in a tissue and throw it in the trash. Do not flush it down the toilet.