

Be a **SAFE** LOVER!

Use **condoms** to protect yourself
...and your partner from **HIV!**



How do **condoms** protect you from **HIV** and **pregnancy**?

- Condoms prevent the exchange of body fluids during sex.
- Body fluids such as blood, semen, and vaginal fluids carry HIV.
- Condom use prevents both HIV infection and pregnancy.

How to **use a condom correctly**:



- 1.** Decide to use condoms with your partner.
- 2.** Carefully open the package so the condom does not tear. Do not use teeth, nails, or sharp objects to open the package because this may rip the condom.

- 3.** Place the condom on the erect penis before intimate contact. Hold the tip of the condom to allow room for semen.



- 4.** With the other hand, unroll the condom over the erect penis right down to the base.

- 5.** After ejaculation, hold the condom at the base of the penis and pull out of your partner before your penis becomes soft. Slide the condom off your penis without spilling any semen.



- 6.** Tie a knot at the top of the condom. Dispose of the used condom immediately into a trash container or pit latrine.

Condom Tips:

- Check the expiration date on the condom package before use.
- Store condoms in a cool, dry place.
- Do not reuse a condom. Use a new condom every time you have sex.
- Only use one condom for every sexual act.
- If extra lubrication is desired, only use water-based lubricants such as K-Y Jelly found in pharmacies and supermarkets. Never use Vaseline, lotion, or other oil-based products as this may cause the condom to break.

think talk act

She's **not afraid**
to **talk** about
condoms
are **you?**



Have you thought about **HIV?**



think **talk** **act**



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