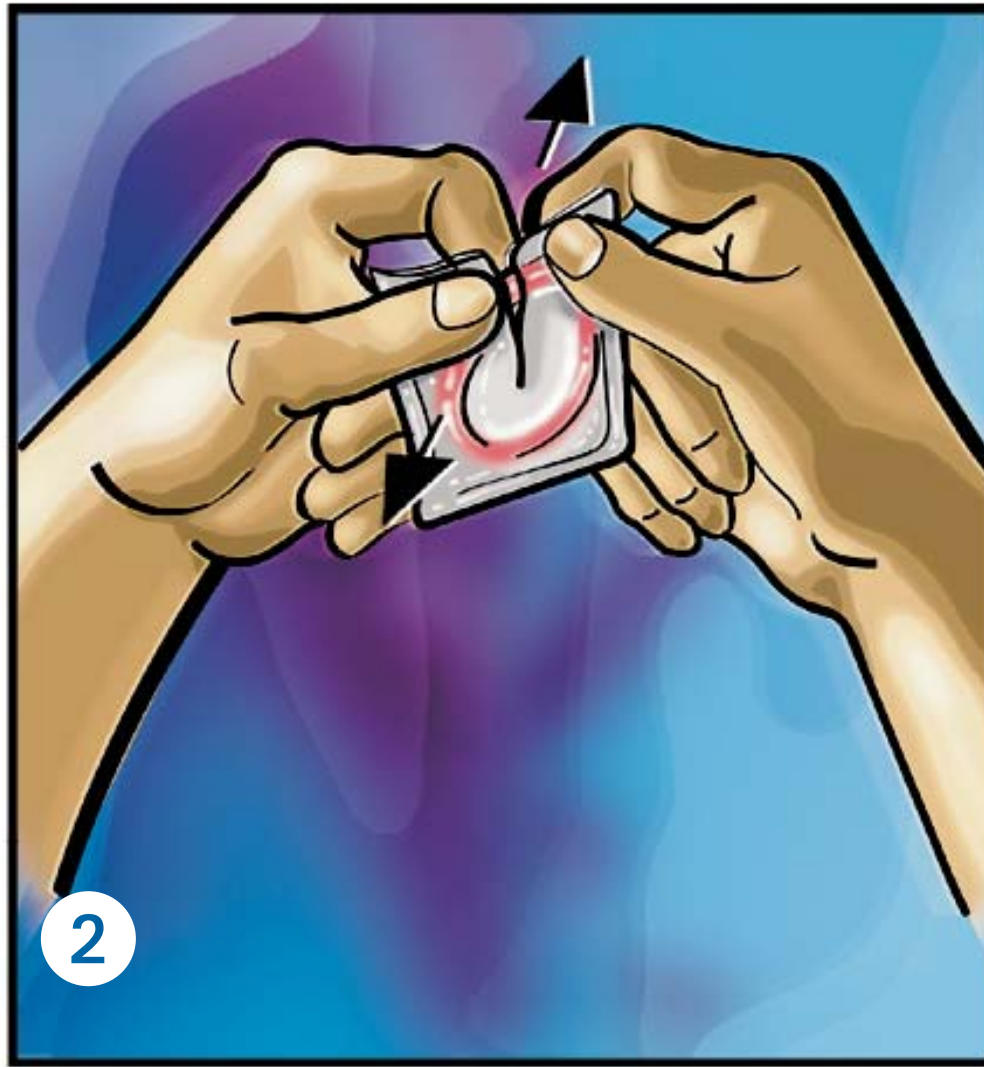


# How to use condoms



The penis must be erect.



Open the packet using your hands. Only use condoms that have the EC (CE) stamp on the packet.



Be careful, nails, teeth and sharp objects may damage or rip the condom.



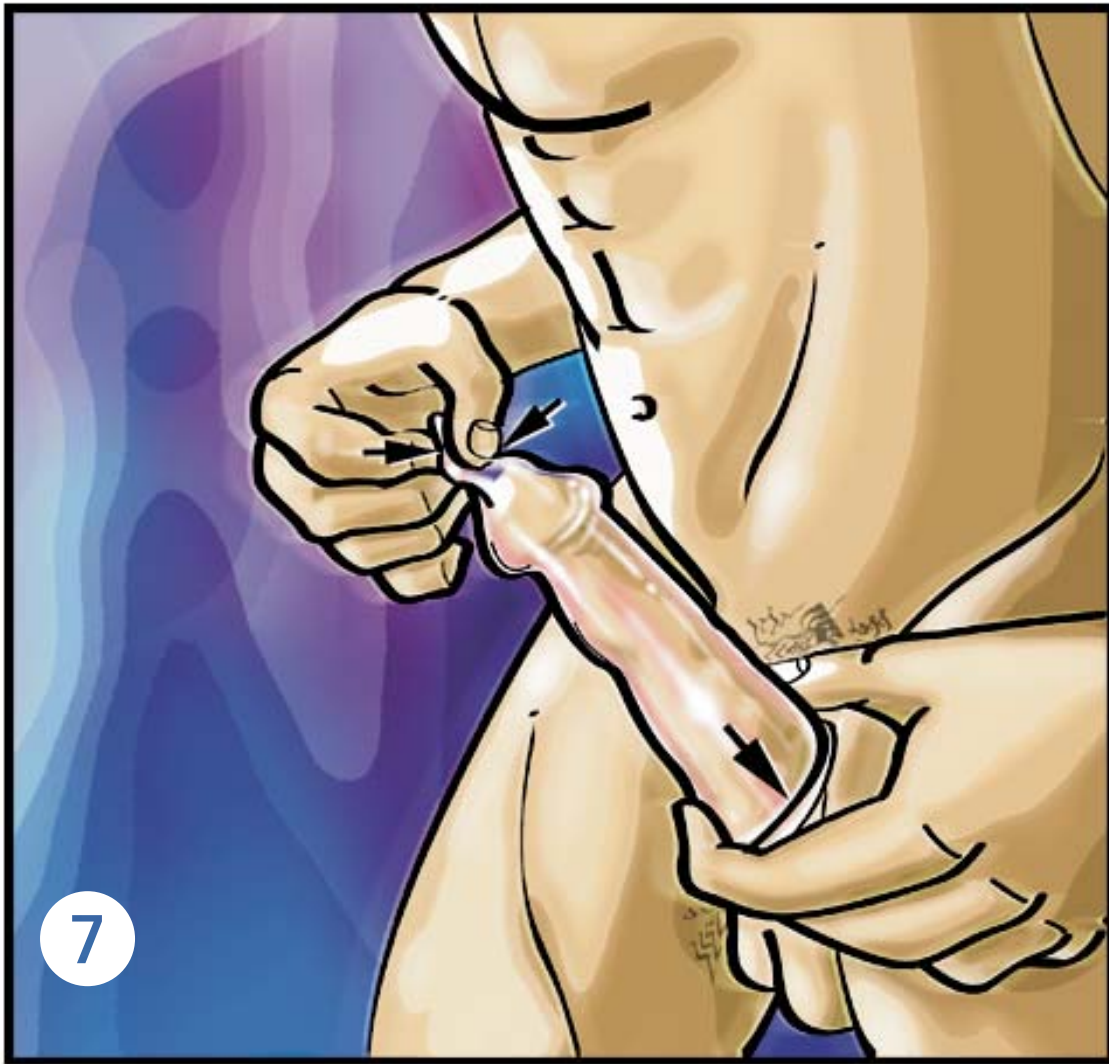
**4** Check in which direction the condom unrolls. Pinch the reservoir or the end of the condom between your thumb and forefinger to ensure that it does not have any air in it.



**5** If the penis is uncircumcised, first push back the skin at the end of the penis.

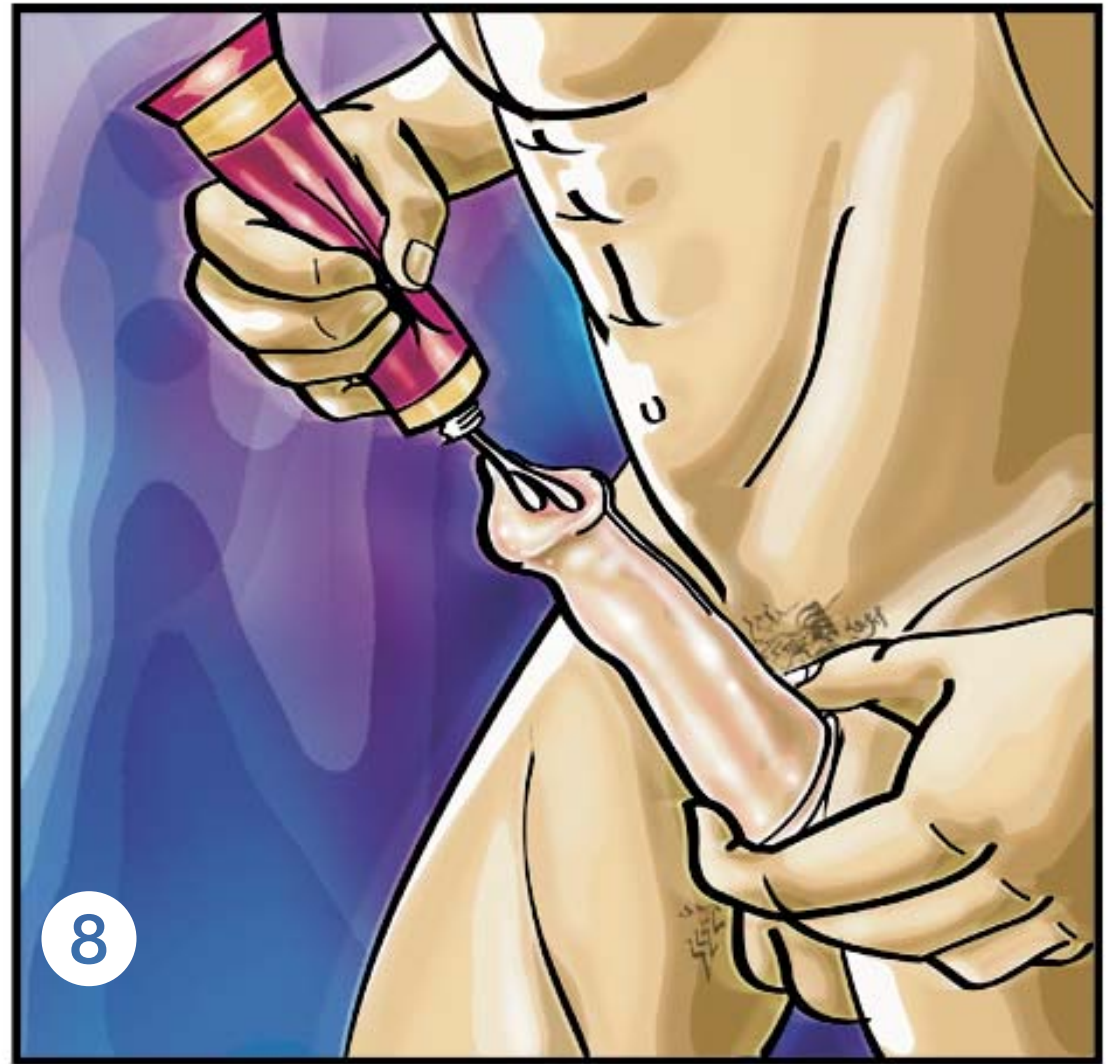


**6** Keeping the reservoir or the end of the condom between your thumb and finger, place the condom on the penis.



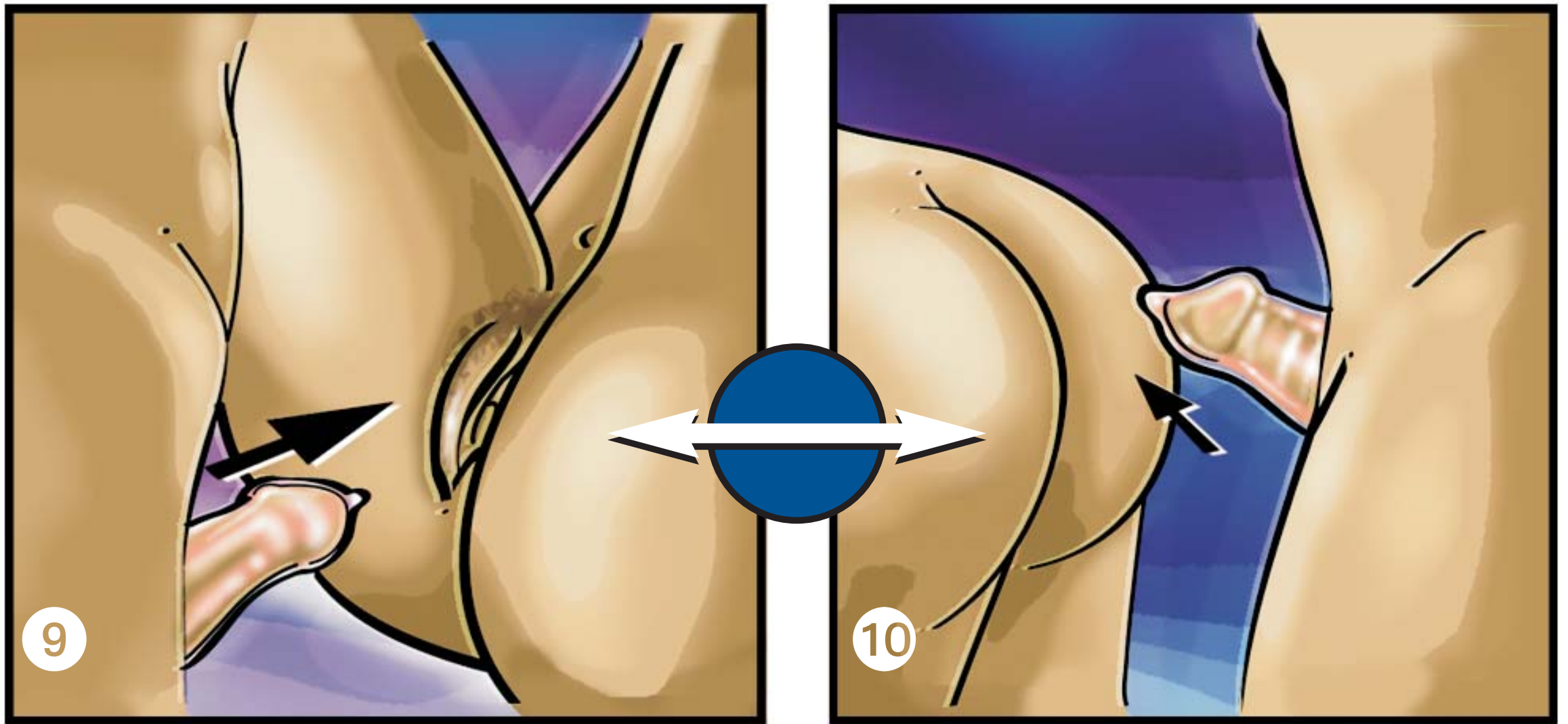
7

Roll the condom down until the penis has been fully covered. Never put one condom on top of another (there is a risk of sliding, splitting, etc.).



8

If you wish, apply a water-based gel on the condom (available in chemists, supermarkets, etc.).



Always put the condom on before your penis comes into contact with your partner. The condom will protect you against HIV/AIDS and sexually transmitted diseases for both anal and vaginal penetration. It also makes it possible to avoid unwanted pregnancies.



After ejaculation, withdraw your penis before it becomes soft again while holding the end of the condom.



Take the condom off. Ensure that the liquid remains inside the condom.



Tie a knot in the middle of it before throwing it in the bin (not down the toilet).

- W You can buy condoms in supermarkets, chemists and distributors.
- W Check that the use-by-date has not been passed and that the packet is in a good state.
- W Keep them in cool places.
- W There are various types of condom: different sizes, textures, flavours, with or without teat, etc.
- W Never reuse a condom. Each time you have intercourse, and for each partner, you must take a new condom and repeat the operation.
- W Never use a male and female condom at the same time.
- W Do not use Vaseline, butter, oils or other oil-based materials since they may damage the condom.
- W If you have never used condoms before, practice beforehand.

# How to use condoms



## For more information

Sida Info Service

▶ N°Vert 0 800 840 800

Anonymous, confidential and free, 24 hours a day,  
You will be able to get assistance in English on Monday,  
Wednesdays and Fridays from 2 to 7 pm

[www.sida-info-service.org](http://www.sida-info-service.org)

French family planning movement  
(Mouvement français pour le planning familial)

[www.planning-familial.org](http://www.planning-familial.org)

Sexuality, contraception, abortion hotline

▶ N°Vert 0 800 803 803

(North of France) free-phone

▶ N°Vert 0 800 105 105

(South of France) free-phone