

When used correctly, condoms reduce the risk for HIV, sexually transmitted diseases (STDs), and pregnancy.

Use only **water-based** lubricants with latex condoms. Oil, vaseline, or hand lotion can cause the condom to break.

Do not use condoms or lubricants with **Nonoxynol-9** (N-9). It may increase your risk for HIV.

Store condoms in a cool, dry place (not in your wallet or car). Extreme heat or cold can cause a condom to break.

Remember to check the expiration date. Don't use a condom if it is old or out-of-date.

Polyurethane (plastic) condoms are also available for people who are allergic to latex condoms.

Call for more information on how to lower your risk and keep your partners safe from HIV and other STDs.

AIDS Action Committee Hotline
1-800-235-2331
(English, Spanish)
TTY: 617-437-1672

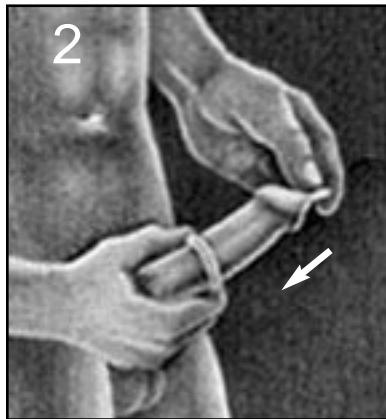
HIV/AIDS Bureau
Massachusetts Department
of Public Health

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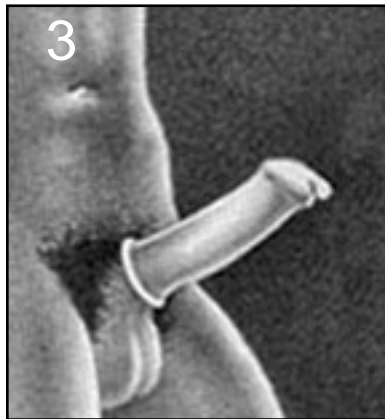




Hold the tip of the condom to squeeze out the air. This leaves some room for the semen when you cum (ejaculate). Put the condom on the tip of your penis.



Keep holding the tip of the condom. Unroll it onto your hard (erect) penis...



...all the way down to the base of the penis.

Condom Use

For the **best** protection, use a new condom **every** time you have sex (vaginal, anal, or oral sex). Use a condom only once and then throw it away.

Put the condom on **before** you enter your partner.

After you cum (ejaculate), hold onto the condom and pull out while your penis is still hard.