HOW TO USE A CONDOM

Using condoms is a safe and simple way to prevent pregnancy and reduce the risk of sexually transmitted diseases. The steps and tips below will help ensure a safe and pleasurable experience.

1. Check the expiration date on the package and squeeze the package for punctures. Discard and get a new one if it's expired or punctured.
   - Old condoms can be dry or weakened and can break more easily
   - If there is no expiration date, don’t use it

2. Carefully open the package, pushing the condom away from the tear
   - Avoid using your teeth, sharp nails, or anything that could accidentally tear the condom as you open the package

3. Put the condom on as soon as the penis is erect, prior to any genital contact. Semen can be released from the penis before and after ejaculation.
   - If you are uncircumcised, pull back your foreskin before rolling the condom on

4. Making sure the condom is in the shape of a sombrero not a beanie, place it on the tip of the penis.
   - If you put the condom on inside out, remove and get a new condom
   - Leave a half-inch space at the tip to collect semen

5. Squeeze the air out of the tip and use your other hand to unroll the condom all the way down the shaft.

6. If you’re not using a lubricated condom, add some water-based lubricant to the outside of the condom.

7. After ejaculation, while the penis is still erect, hold on to the condom at the base of the penis as you carefully withdraw away from your partner.

8. Gently pull the condom off the penis, making sure that semen doesn’t spill out.

9. Wrap the condom in a tissue and throw it in the trash — don’t flush it down the toilet.

See next page for more tips...
TIPS:

• Have extra condoms available in case the first is damaged or torn before use, is put on incorrectly, or if you have repeated intercourse.

• If you feel the condom break, stop immediately, withdraw, remove the broken condom, and put on a new condom.

• Store condoms in a cool and dry place, out of direct sunlight. Don't store condoms in your wallet for more than a few hours!

• Use only water-based lubricants with latex condoms (e.g., KY or Astroglide), not oil-based lubricants (e.g., Vaseline, body lotion, massage oil, or baby oil). For polyurethane or polyisoprene condoms, water, oil-based, or silicone lubricant can be used.

• For increased pleasure, add a few drops of water-based lubricant inside the tip of the condom.

• Use a new condom for every new sexual act (such as vaginal, oral and anal).

• Never double bag - using two condoms at once increases friction and can lead to the condoms breaking.

• If a condom feels stiff, sticky, or looks damaged in any way, throw it away, regardless of its expiration date.

External condoms, as well as other safer sex supplies, are available FREE at the following NYU locations:

• Student Health Center, Health Promotion Office
• Student Health Center, Women’s Health Services
• Student Resource Center
• LGBTQ Student Center
• Resource Centers in most residence halls

NYU Student Health Center