

Easy Read Information



What you need to know about **Using Condoms**



Condoms are a type of contraception. They reduce the chances of a woman becoming pregnant.

Condoms can also prevent both men and women getting sexually transmitted infections (STIs).



Check the condom for these symbols which shows the condom is of good quality.



How to put a condom on:

Squeeze the condom down to the bottom of the packet.

Tear the packet open at the other end.



Do not let lipstick, baby oil or anything with oil in it touch the condom at all as the condom may leak or burst.



To put the condom on, the penis has to be hard. Pinch the end of the condom to get rid of any air and place the condom on the end of the penis.



Roll the condom down to the bottom of the penis. If it does not go on start again with a new condom.

When your condom is on, you and your partner are ready for sex.

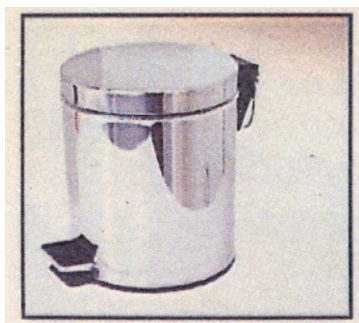
During sex if your condom tears or falls off put another one on.



If this does happen it is important that the female gets in touch with Sexual Health, GP or local pharmacy for advice about emergency contraception.

After sex while your penis is still hard hold the condom in place as you withdraw your penis. Move away from your partner then take the condom off.

You should use a new condom each time you have sex.



After you have removed the condom wrap it in a tissue and put it in the bin.

Do not put used condoms down the toilet.

Advice is available from
Sexual Health D&G

If you have any questions or
would like to make an
appointment.



Please phone **0345 702 3687**

or



email:
dgsexualhealth@nhs.net