

## THE RIGHT WAY TO USE A CONDOM

- 1. DO** use good quality condoms every time you have sex
- 2. DO NOT** use with an oil-based lubricant. Use only water-based or silicone-based lubricants.
- 3. DO** put condom on penis before genital contact and withdraw penis after ejaculation
- 4. DO** discard the condom if it is worn the other way round
- 5. DO** use each condom only once
- 6. DO** check expiry date
- 7. DO** make sure there are no tears or defects

## YOU MAY CONTACT

For more information visit [www.sexualhealth.gov.mt](http://www.sexualhealth.gov.mt) or send us an email on [sexualhealth.malta@gov.mt](mailto:sexualhealth.malta@gov.mt)

Any calls, messages and emails will be treated with sensitivity and in strict confidence.

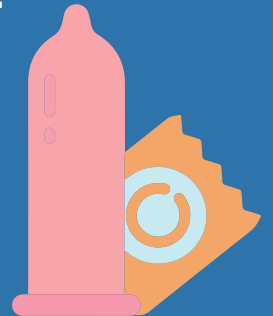


@Sexualhealthmalta

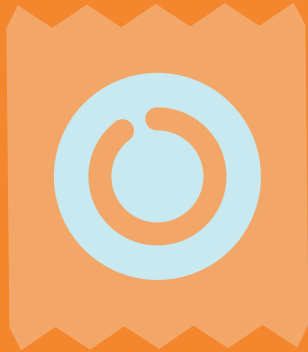


# HOW TO USE A CONDOM

## A QUICK GUIDE

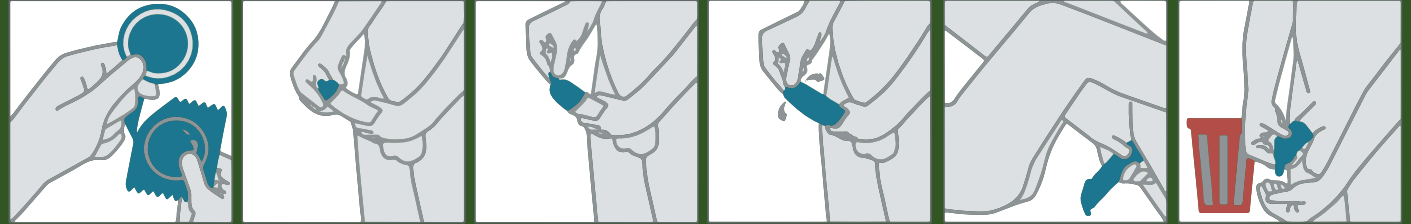


A condom is a thin sheath, worn over the penis during sexual intercourse to prevent sexually transmitted infections



- Always use a condom every time you have sex.
- Check the expiry date on the packet.

## HOW TO PUT ON A MALE CONDOM



1. Carefully open the foil packaging that the condom is wrapped in, taking care not to tear the condom.

2. Hold the tip of the condom between your forefinger and thumb to make sure it's put on the right way round and no air is trapped inside (the condom may split if air is trapped inside).

3. Place the condom over the tip of the penis.

4. While squeezing the tip of the condom, roll it down over the length of the erect penis.

5. If the condom will not unroll, it is probably on inside out – start again with a new condom as there may be sperm on it.

6. Carefully remove the condom and throw it in the trash.