This document contains sexually graphic images and may not be suitable for some audiences.
The Right Way To Use A Male* Condom

**Condom Dos and Don’ts**

- **DO** use a condom every time you have sex.
- **DO** put on a condom before having sex.
- **DO** read the package and check the expiration date.
- **DO** make sure there are no tears or defects.
- **DO** store condoms in a cool, dry place.
- **DO** use latex or polyurethane condoms.
- **DO** use water-based or silicone-based lubricant to prevent breakage.

- **DON’T** store condoms in your wallet as heat and friction can damage them.
- **DON’T** use nonoxynol-9 (a spermicide), as this can cause irritation.
- **DON’T** use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the condom to break.
- **DON’T** use more than one condom at a time.
- **DON’T** reuse a condom.

*Sometimes called an external condom.*

---

**How To Put On and Take Off a Male Condom**

1. **Carefully open and remove condom from wrapper.**
2. **Place condom on the head of the erect, hard penis. If uncircumcised, pull back the foreskin first.**
3. **Pinch air out of the tip of the condom.**
4. **Unroll condom all the way down the penis.**
5. **After sex but before pulling out, hold the condom at the base. Then pull out, while holding the condom in place.**
6. **Carefully remove the condom and throw it in the trash.**

For more information please visit [www.cdc.gov/condomeffectiveness](http://www.cdc.gov/condomeffectiveness)