

Even if you or your partner is using birth control, using a condom is the only way to reduce your risk of getting STIs.

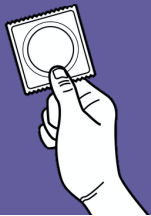


Protect Yourself:

Using a condom correctly **every time you have sex** will:

- Reduce your risk of pregnancy.
- Reduce your risk of most sexually transmitted infections (STIs), including HIV.

Sexual Health is in Your Hands

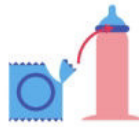


Scan with a smartphone to watch a video.

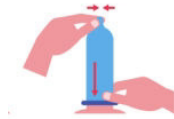


How to put on a condom correctly:

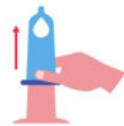
1. Check the expiration date.
2. Carefully tear the package open. Do not use your teeth or scissors.
3. Put the condom on once the penis is hard, leaving about half an inch at the tip.



4. Pinch the tip of the condom to keep air out and give space for the semen (cum) to go. If uncircumcised, pull back the foreskin.



5. Keep holding the tip and roll down to the base of the penis.
6. After sex, hold the base of the condom before pulling out.



7. Throw away the condom.



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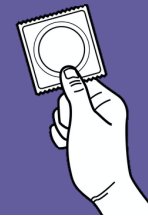


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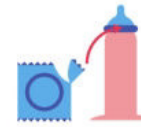


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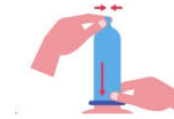


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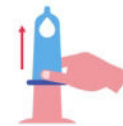
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Know your Condom **Do's** and **Don'ts**

DO:

- ✓ Find a condom that feels right. They come in different sizes, shapes, thicknesses, and textures.
- ✓ Use lubricant (lube) or a pre-lubricated condom to help prevent breakage.
- ✓ Only use water-based or silicone lubricant on the inside and outside of the condom.
- ✓ Store condoms in a cool, dry place away from sunlight.
- ✓ Read all the information on the package.

DON'T:

- ✗ Do not use a condom after the expiration date on the package.
- ✗ Do not use two condoms at once.
- ✗ Do not reuse condoms.
- ✗ Do not use animal skin condoms.
- ✗ Never use oil-based lubricant (like lotion, Vaseline, mineral oil, etc.). Oil can make latex the condom more likely to tear.
- ✗ Do not use an expired or torn condom.

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Talk to your Partner(s)



- Talk to your partner(s) about the importance of using condoms.
- Practice what you'll say before you get into a sexy situation.
- Get consent.

Get the Facts



- Most STIs are treatable, but you may not know you have one until you get tested.
- Get the facts about STIs at GetProtectedLA.com and find out where you can get tested.

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