

ALL ABOUT CONDOMS

The free and easy way to protect your future



NACOSA

Condoms are great because they...

- Protect you from HIV and other sexually transmitted infections (STIs)
- Prevent unwanted pregnancy
- Are **FREE** at all government clinics and from many community organisations.

There are condoms for male and female bodies.

Condoms can prevent pregnancy but they aren't 100% so it's safest to use them with other kinds of contraception like the injection, patch or pill.



If you are at high risk of getting HIV, use condoms with PrEP – a daily HIV prevention pill.

HOW TO USE THEM

Condoms must be used correctly **every time** you have vaginal, anal or oral sex and when you share sex toys. Put the condom on **before** any skin-to-skin contact with private parts.

1. Open the condom packet carefully to make sure you don't tear or damage the condom inside. **Don't use your teeth or scissors.**
2. Put the rolled-up condom over the head of the penis when it is hard.



3. Pinch the tip of the condom enough to leave a bit of space for cum (semen) to collect.
4. Holding the tip of the condom, unroll it all the way down to the base of the penis.
5. Straight after cumming, hold the base of the condom so it stays on and nothing spills out. Then, carefully withdraw the penis while it is still hard.
6. Once the penis is out, take off the condom, wrap it in a tissue, and throw it in the bin. Don't flush it!



WHAT TO DO IF A CONDOM BREAKS

It's rare for a condom to break – but if it does, don't panic, there are still things you can do to prevent HIV and pregnancy:

Stop having sex straight away!
Take off the broken condom and put on a new one.

Ask about **PEP** if you're worried about HIV. PEP (post-exposure prophylaxis) is medicine that can stop you getting HIV. The clinic can give you PEP but you must start taking it within 3 days of the condom breaking and finish the course.

Go to your local clinic and ask for **emergency contraception** (the morning after pill) as soon as possible – within 5 days.



FEMALE CONDOMS

They work in the same way but are a bit bigger and go **inside** the body before sex.

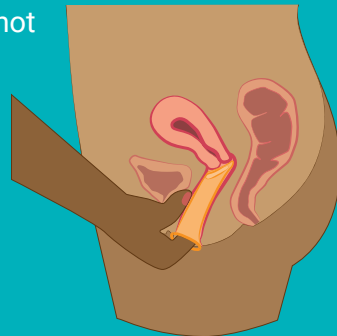
1. Open and remove the condom from its package carefully so it doesn't tear. The closed end with the sponge goes inside the vagina and holds the condom in place.

The thin, outer ring stays outside of body, covering the vaginal opening.



2. Hold the outside of the condom at the closed end and squeeze the sides of the sponge together with your thumb and forefinger and put it into the vagina. It is similar to putting in a tampon.

3. Using your finger, push the inner sponge as far up as it will go. The condom will expand naturally and you may not feel it.



4. Be sure condom is not twisted. The thin, outer ring should stay outside the vagina.

5. Guide the penis into the opening of the condom. Stop having sex if you feel the penis slip between the condom and the wall of vagina or if the outer ring goes into the vagina.



6. To remove, gently twist the outer ring and pull the internal condom out of the vagina.

**Throw the condom away after using it.
Do not reuse!**

A water-based lubricant (lube) makes condoms more comfortable and stops them from breaking.

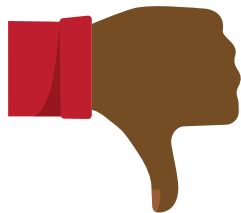


ALWAYS



- Check the expiry date of condoms
- Use water-based lube.
Wet sex = safer sex!
- Use a new condom every time you have sex
- Throw used condoms away in the bin and wash your hands
- Use condoms with contraception and PrEP to be safest.

NEVER



- Use 2 condoms at the same time
- Use the same condom more than once
- Use condoms that are old or broken
- Use an oil-based lube like Vaseline or baby oil – they weaken the condom, making them rip.

National AIDS Helpline

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