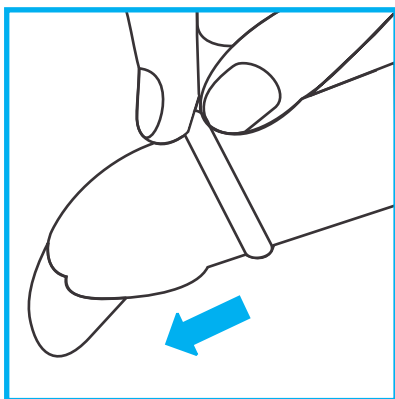


4. To remove, hold the rim of the condom and pull the penis out of the vagina before the penis gets soft.

Carefully slide the condom off the penis without spilling the semen.



5. Knot or tie the condom and throw it away in the garbage bin.



**DO NOT FLUSH
USED CONDOMS
DOWN THE TOILET!**

6. Store condoms in a cool, dry place.

***Never use a condom
more than once!***

***If used correctly
the male condom is
90% effective.***

For more Information
contact your Doctor,
or the nearest Health Centre

All
family planning services
at Health Centres,
including condoms,
are
FREE!

Produced by

THE MATERNAL & CHILD
HEALTH DEPARTMENT
Ministry of Health
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UNFPA -
The United Nations Populations Fund



Ministry
of
Health



**INFORMATION FOR
MEN & WOMEN**

The
**Male
Condom**
BARRIER METHOD



SAFE • EFFECTIVE • INEXPENSIVE
...Your
Questions
Answered

Q What are Barrier Methods of Contraception?

A Barriers methods of contraception are the many ways of preventing pregnancy. Some of these methods are created for women and others for men.

These methods include:-

- Male and Female Condoms
- Diaphragms
- The Sponge

Q How do these Contraceptives work?

A These contraceptives work by blocking a man's sperm from reaching a woman's egg.

They are all safe and usually prevent pregnancy if they are used correctly.

Q What is the Male Condom?

A The Male Condom is a thin sheath or covering made of rubber (latex) that is put on the erect penis before having sex.

It has a stiff ring which enables it to stay in place during sexual intercourse and a nipple to catch the sperm when the man ejaculates.



Q How does it work?

A The condom works by preventing the man's sperm from going into the woman's vagina.

If the sperm does not reach the woman's eggs she cannot get pregnant.

In addition it helps protect against the spread of:-

- Sexually Transmitted Infections
- Pelvic Inflammatory Disease

A new condom must be used every time you have sex!

IMPORTANT!

The female condom should not be used at the same time as the male condom because they will not both stay in place and the friction of rubbing against each other can cause them to break. In addition two male condoms should not be used together - two is not better than one!

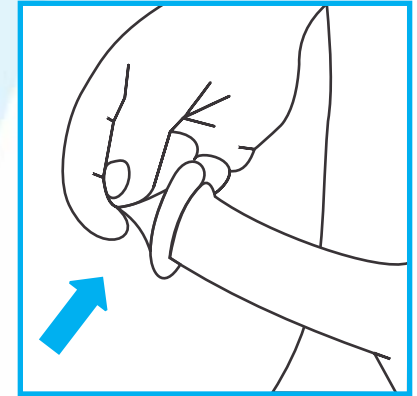
Q How does it work?

A The condom is placed on the erect penis before it is inserted in the vagina.

1. Check package before use for expiry date and to ensure it has not been tampered with. Open the packet carefully so the condom does not tear.

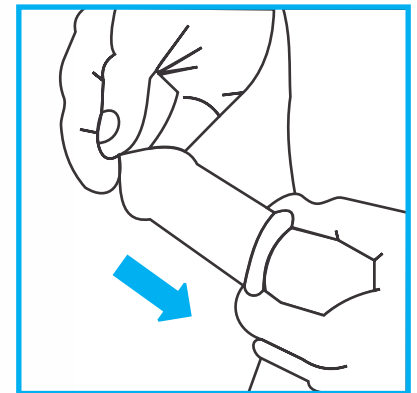
Do not unroll the condom before putting it on!

2. Hold the rim of the condom and put it on the end of the erect penis.



3. Keep holding the rim of the condom and Using the other hand unroll it until it covers the penis.

Leave a space at the end of the condom (nipple) to collect the semen.



If additional lubricant is desired use any water-based lubricant. DO NOT use oil-based lubricants (such as mineral oil, creams or petroleum jelly) as this can result in damage to latex condoms.