


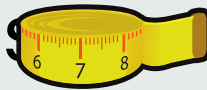


CONDOM DO'S & DON'TS








DO...



- Practice condom use before sex
- Know where to get the condoms
- Get consent 
- Check the expiry date 
- Check for punctures in the packet
- Use water based lube 
- Remove condom immediately after use
- Keep away from damage
- Change condom between partners
- Try out different sized condoms 
- Communicate with partner about condom use
- Store below 40°C

DON'T...



- Use scissors to open the packaging 
- Use teeth to open the packaging
- Pin the condom packet to anything 
- Leave in a car 
- Wear more than 1 condom at a time
- Use a condom that's too big or small for your penis
- Use non-water based lube 
- Re-use a condom
- Make your own condom
- Flush down the toilet 
- Keep in direct sunlight 