





Condom Fact Sheet:

Durex donates one million Dance4Life condoms to us each year, which are distributed to the young people who are participating in Dance4Life. Durex has kindly helped us with this Condom Fact Sheet so that you know everything about how to use and store condoms safely.

This factsheet contains important information. It is worth taking the time to read it carefully.

Sex is more fun when you're relaxed and confident. If you've taken time to find out how to use condoms, you'll be able to enjoy the experience without anxiety spoiling the moment.

NB: Check the expiry date on the condom wrapper before you use it. Tear the wrapper open from the serrated edge and handle the condom carefully, as it can be damaged by fingernails and sharp objects like jewellery and body piercings.

-  1. Either partner can put the condom on the erect penis during foreplay. Take care to do this before the penis touches the other person. This helps to prevent pregnancy and the possibility of catching sexually transmitted infections, including HIV.
-  2. Check the roll is on the outside. If it's on the inside, the condom is inside out. Squeeze the teat end of the condom so that no air is trapped inside.
-  3. Still squeezing the teat, place the condom on top of the penis and roll it down with your other hand. If it starts to roll back up during sex, roll it back down straight away. If it comes off, stop and put a new condom on.
-  4. Soon after ejaculation, and while the penis is still erect, the condom should be held firmly in place at the base of the penis before withdrawal. Then simply take the condom off, wrap it in a tissue and put it in the bin. Please don't flush it down the toilet.

Take care to only use lubricants that are recommended for use with condoms. Oil-based ones like petroleum jelly and baby oil can damage condoms. So can some medicinal creams that are applied to the penis or vagina. If you're not sure about the effect of the medicines you're using on condoms, ask your doctor or pharmacist.

If you feel discomfort or irritation while you're using a condom, stop using it. If your symptoms carry on afterwards, see a doctor. Some people are sensitive to latex. If you think you might be sensitive or allergic to latex, get advice from your doctor.

Usage – If they are used properly, condoms help to reduce the risk of catching HIV (AIDS) and many sexually transmitted infections (STIs). For anal sex, you should use additional lubrication on the outside of the condom to help reduce the risk of the condom breaking or coming off. Always read the guidance on lube packaging before you use it. If you use a condom for oral sex first, you should use a new condom for any other type of sex that follows. Whilst having sex, check occasionally to make sure the condom hasn't slipped off or broken.

No method of contraception can provide 100% protection against pregnancy or the transmission of HIV and STIs. If you are worried that you or your partner may have become pregnant or infected, contact your doctor immediately.

Use a condom only once.

Store in a cool dry place away from direct sunlight, and always check to make sure it hasn't been damaged whilst you were carrying it in your pockets, bag etc.

Make sure that the condom complies with the regulations and standards in your country. For example, ISO4074:2002 in an internationally recognised latex condom standard.

With thanks to:



www.dance4life.com

For more detailed information: www.aidsmap.com

