

An opening into taking care : condoms can prevent: cervical cancer, chlamydia, gonorrhoea, HIV infection, syphilis, other sexually transmitted diseases ... and pregnancy.

Contributors

Take Care (Health Campaign)
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**CONDOMS
CAN
PREVENT:**

Cervical Cancer

Chlamydia

Gonorrhea

HIV infection

Syphilis

**Other sexually
transmitted
diseases**

...and Pregnancy



Come safely – put the condom on well...



Open the packet carefully – watch those fingernails, and no teeth!

Put the condom on when the penis is hard and before having intercourse.



Pull back the foreskin.

With the other hand pinch the teat of the condom with thumb and finger to expel the air.



Then, with the other hand, roll the condom all the way down to the base of the penis.



If there is not enough natural moisture around, if you want to make things more slippery, use a water based lubricant such as **KY Jelly**. **NB.** Oils destroy rubber, so don't use oil based products such as Vaseline, sun tan lotions and hand creams.

After coming, the penis is pulled out before it becomes soft, holding the condom firmly around the base.



Slide off the condom, tie a knot in it, wrap it in a tissue and put it in the bucket.

