

Quick Tips

Lubricants

Oil-based lubricants (e.g., petroleum jelly, shortening, mineral oil, massage oils, body lotions, and cooking oil) should not be used because they are not sterile or body-safe, and can cause breakage in latex condoms.

Broken Condom?!

If you feel the condom break at any point during sexual activity, stop immediately, withdraw and remove the broken condom.

Questions about STIs or HIV?

Send your question to Ask Nurse Lisa at [IKnowMine.org/Ask-Nurse-Lisa](https://www.IKnowMine.org/Ask-Nurse-Lisa)



Order a free self-screening kit for HIV and syphilis at [IWantTheKit.org](https://www.IWantTheKit.org)



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iknow
mine!

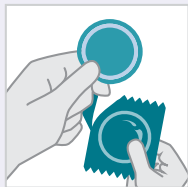


Find a testing location

near you at [GetTested.cdc.gov](https://www.GetTested.cdc.gov)



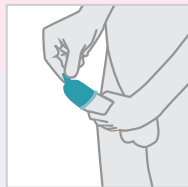
How to put on and take off an external (male) condom



Use a new condom for every act of vaginal, anal and oral sex throughout the entire sex act (from start to finish).



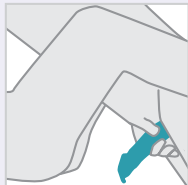
Before any genital contact, put the condom on the tip of the erect penis with the rolled side out.



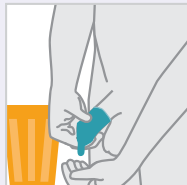
If the condom does not have a reservoir tip, pinch the tip enough to leave a half-inch space for semen to collect before putting on.



Condoms work best with water-based or silicone-based lube, as oil-based lube will cause latex condoms to break.



After ejaculation and before the penis gets soft, grip the rim of the condom and carefully withdraw.



Then gently pull the condom off the penis, making sure that semen doesn't spill.



Scan the QR code to see video instructions