

# How to put on a Condom



## An Easy Read Booklet

# How to put on a condom

Condoms come in different sizes.



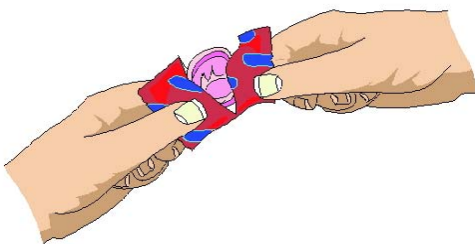
## Always check the packet

Make sure the condom is not out of date.

Make sure the condom is not burst or open.



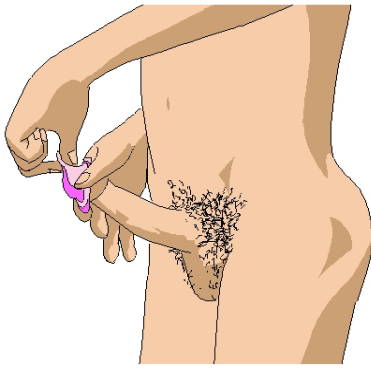
Do not put lipstick or baby oil on the condom (the condom will burst).



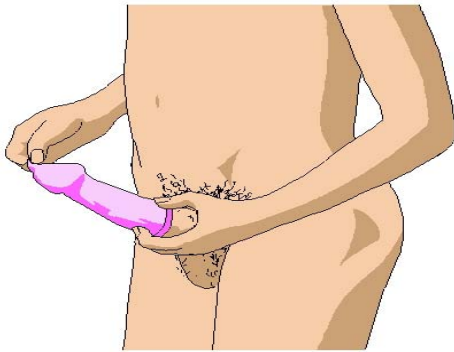
Carefully open the packet by tearing down from the jagged edge



Take the condom out of the packet

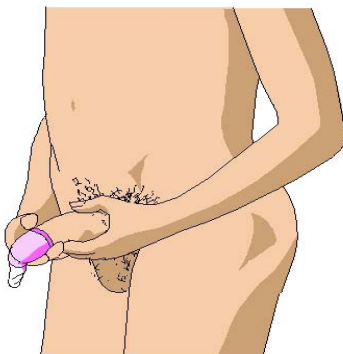


Squeeze and hold the tip of the condom to get rid of any air, then place it over the tip of the erect/hard penis.



Roll the condom all the way down to the base of the penis.

If it won't roll down, it's the wrong way round.



After sex while your penis is still erect hold the condom in place as you withdraw your penis move away from your partner then simply take the condom off.



Wrap the condom in a tissue and put in the bin.



Don't put it down the toilet because this can cause blockages.



To get free condoms go to The doctor (GP) or clinic or chemist.



Or call 0300 303 0243 for your nearest centre.

Acknowledgements- B.I.L.D. & Photosymbols & NHS Lanarkshire Sexual Health Services.

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