CONDOMS

Using condoms is a good way to help protect you against STIs (sexually transmitted infections) as well as preventing unintended pregnancies.

Even if you are not planning on having sex, it’s sensible to carry condoms with you just in case.

Using condoms even if your partner is using contraception can help prevent you from being infected with STIs - such as chlamydia, gonorrhoea and HIV.

If a condom breaks or comes off during sex, contact your local sexual health service or your GP for advice - you can call NHS Direct to find out your nearest clinic 0845 4647 or visit their website www.nhsdirect.nhs.uk

If you are worried about pregnancy after a condom failure, emergency contraception is available. This needs to be taken within 5 days but it’s more effective the sooner you take it.
The Golden Rules Of Condom Use

- Make sure that the condom is in date (most condoms have an ‘expiry date’)
- Check that the type of condom has been given a BSI kitemark 🍀 or CE mark ☝️ - this shows that the condom is of a good standard
- Open the condom packet carefully to make sure the condom does not get damaged - watch out for nails and sharp jewellery that could tear the condom
- Hold the teat of the condom to make sure there is space for the semen to collect and place the condom at the head of the erect penis
- Make sure that the condom is rolled all the way down to the base of the penis
- Only use water based lubricants with latex condoms - oil based ones can damage the condom
- Condoms should only be used once - never use a condom for a second time
- After ejaculation, carefully remove the condom - then put it in the bin (never flush it down the toilet)