



Condoms are made of natural rubber latex.

If you are allergic to latex, you may have an allergic reaction including anaphylactic shock.



If the condom leaks or breaks you may be at risk of an STI or an unplanned pregnancy.

If this happens, you should speak to your healthcare provider or pharmacist as soon as possible.



A condom is for single use only.

If you re-use one, you may be at an increased risk of an STI or an unplanned pregnancy.



Consult a pharmacist about the compatibility of topical medicines that might come into contact with the condom.



Store away from direct sunlight.

Remember

- Using condoms correctly and every time you have sex will reduce your risk of getting an STI or an unplanned pregnancy.
- Condoms are 98% effective when you use them correctly and every time you have sex.
- Even if you consent to a sexual act, you can change your mind before the act begins or at any time before it ends.

To find out more about sexual health and wellbeing, visit www.sexualwellbeing.ie or www.man2man.ie

Condoms are provided by
The HSE Sexual Health and Crisis
Pregnancy Programme

Manufactured by
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EN ISO 4074
CE 2797

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www.sexualwellbeing.ie
www.man2man.ie

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#RespectProtect



How to put on a condom

1

Check that the condom foil is sealed, within the expiry date and that it carries the CE and Kitemark.



2

Carefully open the top of the packet at the jagged edge. Be careful that the condom doesn't tear when you open the packet. Don't use your teeth and be careful with long nails and jewellery.



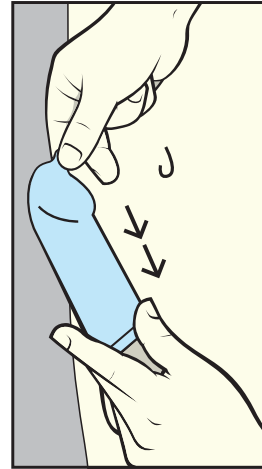
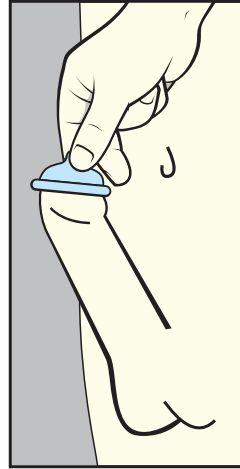
3

Make sure the condom is the right way up (roll needs to be on the outside). If it won't roll down the condom might be on the wrong way. Take it off and start again with a new condom.



4

Hold the condom teat between your thumb and finger, unrolling the condom down the entire length of the erect penis.



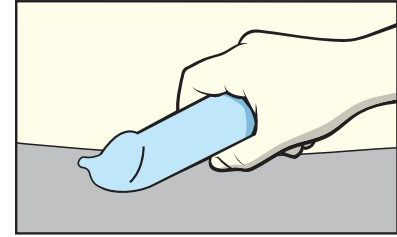
Make sure the condom stays in place during sex. If you feel the condom slipping off, stop and check that the condom is still in place.



Bodily fluids are often released ahead of penetration and this could put you at risk of an STI or an unplanned pregnancy.

5

After sex, withdraw the penis while it is still erect, holding the base of the condom. Be careful not to spill any semen.



6

Place the used condom in a waste bin. **Do not flush it down the toilet.**



Remember to change condoms between oral and anal sex, and when sharing sex toys if having sex with more than one partner.



Only use water-based lubricants if needed – they are designed especially for use with condoms.