

# INTEGRATED SEXUAL HEALTH SERVICE

## WHAT YOU NEED TO KNOW ABOUT: USING CONDOMS



<http://sexualhealth.cht.nhs/think-sexual-health>



Condoms are available for men and women. This leaflet is about condoms for men.



Condoms are a type of contraceptive. They reduce the chances of a woman becoming pregnant.

Condoms can also prevent both men and women getting sexually transmitted infections (STIs).



How to put a condom on:

Check the condom for a BSI Kitemark or CE.



This shows the condom is of good quality.



Open the packet and squeeze the condom down to the bottom of the packet. Tear the packet open at the other end.



To put the condom on the penis has to be hard. Pinch the end of the condom to get rid of any air. Put the condom on the end of the penis.



Roll the condom down to the bottom of the penis. If it doesn't go on start again with a new condom.



When your condom is on, you and your partner are ready for sex.



During sex if your condom tears or falls off put another one on.



After sex, hold onto the condom as you pull out. Slide the condom off. Wrap it in a tissue and put it in the bin.

You should use a new condom each time you have sex.



Calderdale and Huddersfield  
Sexual Health Services

You can get condoms free from sexual health clinics, some GPs, some pharmacies, and all youth clubs.

Take a look at our website for more information on services.

You can find our website by typing in the address below or typing “Calderdale Sexual Health” in to any search engine and our website will appear near the top of the results.

<http://sexualhealth.cht.nhs.uk/think-sexual-health/>  
**Remember** that it is your choice if you want to have sex or not. You should never have sex if you don't want to.

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