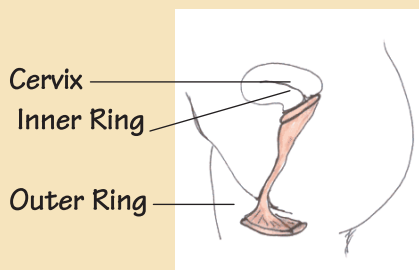
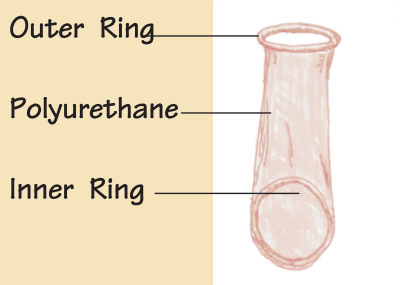


One of the best ways to prevent HIV is to use a condom - every time you have sex. A condom protects against most STDs. Using a condom shows that you care about yourself and your partner.

The male condom

- A new latex condom should be used each time the couple has sex (anal, vaginal or oral sex).
- Check the expiry date.
- Remove carefully from packet.
- Use only water soluble lubricant (oils or vaseline will weaken the condom).
- Place the condom on the penis when the penis is stiff and erect and before you start touching genitals.
- Pinch any air out of the **tip** of the condom, leaving space for the semen to collect and carefully roll the condom down the penis.
- After sex, withdraw the penis from the other person while holding on to the condom.
- Slide the condom off the penis and knot the open end.
- Throw away in a safe place; do not flush down the toilet.



The female condom

- The Medical Services Branch has agreed to cover the cost of the female condom for First Nations status women in BC.
- The female condom allows women to control their own protection against HIV, STDs and **unintended** pregnancy.
- The female condom can be inserted up to 8 hours before sex.
- It is made of polyurethane.
- It is recommended that you use water-based lubricants.
- The condom consists of an inner and an outer ring.
- The outer ring sits outside the vagina.
- The inner ring is inside the **condom** and it can be pinched and pushed into the vagina much like a tampon.
- The inner ring sits up against the cervix. **Add more lubrication.**
- Make sure that the penis is inside the condom when it enters the vagina.
- After sex, gently twist the outer ring and pull out the condom making sure that no semen is spilled.
- Throw the condom away safely. **Do not flush down the toilet.**

