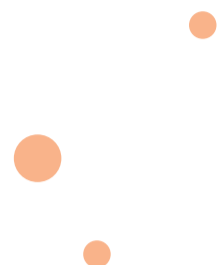


How to use a condom the right way?

Condom is one of the methods of male contraception, which functions as a protection from unwanted pregnancy. Condom is also the only contraception method that protects people from STDs (sexually transmitted diseases).

Condoms in numbers:



1640

invention of the first condom (made from animal intestines).

41

percent of total pregnancies are unwanted.

5

billion condoms are sold world-wide every year.



Use water-based lubricant with condoms, oil-based lubricants can damage them.

How to use it?



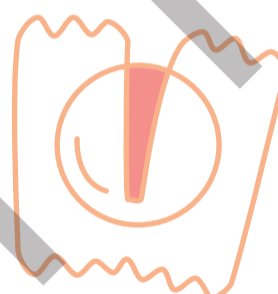
Step 1:

You should store condoms in the original box, avoid keeping them in a wallet!



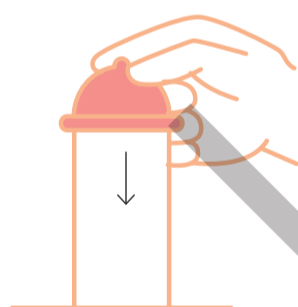
Step 2:

Before you open it, check the expiration date.



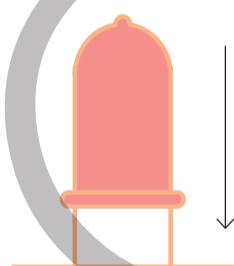
Step 3:

Carefully open the wrap, don't use teeth or scissors!



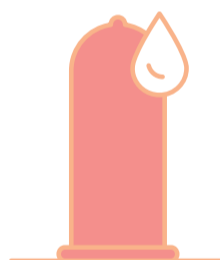
Step 4:

Press the cap on top before you put the condom on.



Step 5:

Put it on and roll it all the way down.



Step 6:

During sex, occasionally check if the condom is at its place.



Step 7:

After you are finished, carefully remove it and throw it out into the trash.



Did you know there are female condoms as well?

What NOT to do with the condom?

Do not carry it in your wallet

Do not use oil-based lubricant

Do not use it multiple times

Do not open it with scissors or teeth

Do not use 2 condoms at the same time

Do not use it after the expiration date

Want to know more?

More information about how to take care of your #boobsandballs, heart and reproductive organs, or where to go for a regular check-up at www.loono.cz/en.

Follow us on our social media @loonocz:



Test your knowledge at bit.ly/PreventionTest



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