

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:



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.

What NOT to do with the condom?

Did you know there are female condoms as well?

- 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.

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