

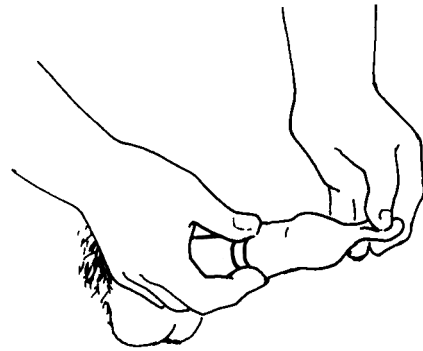
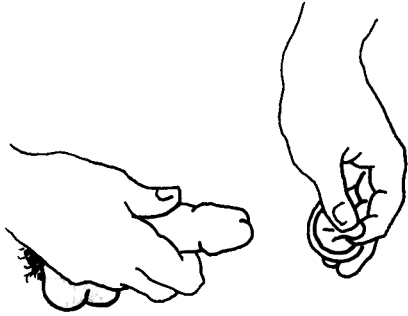


9.1A: Male and Female Condoms: Instructions for Use

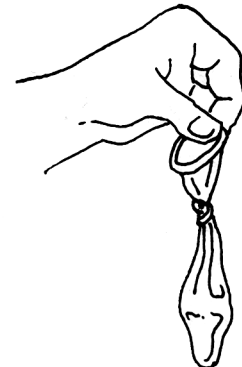
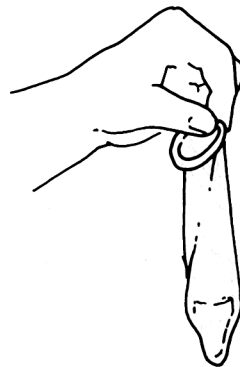
The Male Condom

How to use a condom:

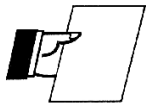
1. If the man is not circumcised, pull the foreskin back. Squeeze the tip of the condom and put it on the end of the hard penis.
2. Keep squeezing the tip while unrolling the condom, until it covers all of the penis. The loose part at the end will hold the man's sperm. If you do not leave space for the sperm when it comes out, the condom is more likely to break.



3. After the man ejaculates, he should hold on to the rim of the condom and withdraw from the vagina while his penis is still hard.
4. Take off the condom. Do not let sperm spill or leak.
5. Tie the condom shut and dispose by burning or burying it away from children and animals.



Source: Burns, A.A., R. Lovich, J. Maxwell, and K. Shapiro. 1997. *Where women have no doctor: A health guide for women*. Berkeley, California: Hesperian Foundation. pp. 202-203.

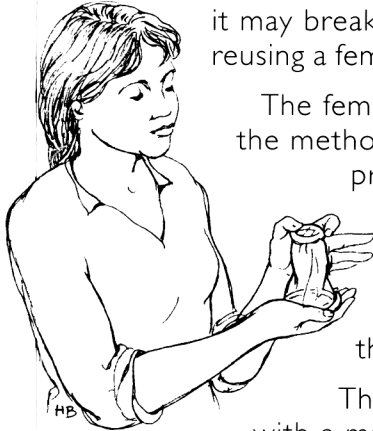


9.1A: Male and Female Condoms: Instructions for Use continued

The Female Condom

CONDOMS FOR WOMEN (female condoms)

A female condom, which fits into the vagina and covers the outer lips of the *vulva*, can be put in the vagina any time before sex. It should be used only once, because it may break if it is washed and reused. But reusing a female condom is better than no condom.

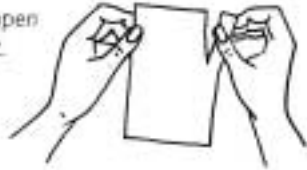


The female condom is the most effective of the methods controlled by women in protecting against both pregnancy and STDs, including HIV/AIDS. It is available only in a few places now. But if enough people demand this method, more programs will make them available.

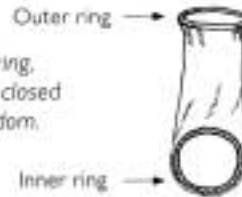
The female condom should not be used with a male condom.

How to use the female condom:

1. Carefully open the packet.



2. Find the inner ring, which is at the closed end of the condom.



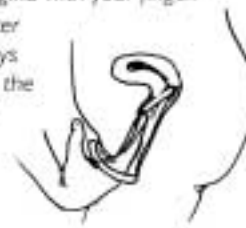
3. Squeeze the inner ring together.



4. Put the inner ring in the vagina.



5. Push the inner ring up into your vagina with your finger. The outer ring stays outside the vagina.



6. When you have sex, guide the penis through the outer ring.



7. Remove the female condom immediately after sex, before you stand up. Squeeze and twist the outer ring to keep the man's sperm inside the pouch. Pull the pouch out gently, and then burn or bury it. Do not flush it down the toilet.

Source: Burns, A.A., R. Lovich, J. Maxwell, and K. Shapiro. 1997. *Where women have no doctor: A health guide for women*. Berkeley, California: Hesperian Foundation. p. 204.