



1. Always check expiry date on the back of the condom wrapper.



2. To open, carefully tear down from jagged edge.



3. Take condom out. Ensure condom is right way up.



4. Squeeze tip of condom to remove any air. Roll condom all the way down to base of penis. If it won't roll down, it's inside out.



5. After sex, hold condom in place to take out penis. Take the condom off.



6. Wrap condom in tissue and put in bin. Don't flush down the toilet.