



- NEVER USE A CONDOM IF IT IS TOO BIG OR TOO SMALL FOR YOU. GOVERNMENT PROVIDES A STANDARD SIZE CONDOM BUT IT IS POSSIBLE TO GET THE RIGHT SIZE FOR YOURSELF IF IT IS TOO BIG OR TOO SMALL.
- NEVER STORE A CONDOM IN THE BACK POCKET OF YOUR PANTS OR ANY OTHER PLACES WHERE IT CAN BE DAMAGED EXTERNALLY.
- NEVER STORE IT IN A HOT PLACE AS THE HEAT WILL WEAKEN THE LATEX AND INCREASES THE CHANCES OF CONDOM BREAKAGE
- NEVER PUT ON TWO CONDOMS AT THE SAME TIME AS THE FRICTION BETWEEN THE TWO RUBBER WILL INCREASE THE CHANCES OF CONDOM GETTING RUPTURED

TO AVAIL FREE CONDOMS FROM US
PLEASE CONTACT US @



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<https://www.facebook.com/lhaksam.org>

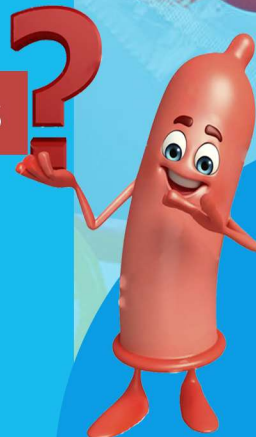
www.lhaksam.org.bt

**SAY NO TO SEX WITHOUT
CONDOMS
STAND UP FOR YOUR
LIFE**

USE CONDOMS

STAY SAFE

STAY PROTECTED



YOU CAN PUT ON A CONDOM IN UNDER 60 SECONDS

- ALWAYS REMEMBER, WHEN ONE IS SEXUALLY DRIVEN, THERE ARE ALWAYS LAPSES
- DO NOT COMPROMISE YOUR SAFETY FOR PLEASURE

DEVELOPED BY

Lhak-Sam

WITH SUPPORT FROM



Save the Children



SKPA



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Lhak-Sam (BNP+)

Bhutan Network of People Living With HIV & AIDS



Let's talk condom

- A condom is 99.8% safe when used CORRECTLY
- Always use condom with water based lubricant
- Condom can prevent HIV and most of other sexually transmitted infections (STIs) along with unplanned pregnancy
- Condoms are cheap and most accessible to everyone
- Condoms are compact and can be easily stored or disposed

PRACTICE SAFE SEX



How to use a condom?

Steps

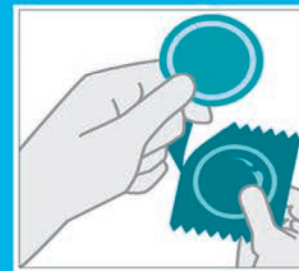


1. Check for external damage and expiry dates
2. Push the condom down in the package and carefully open the condom from the sawed edges
3. Pinch the tip/nip of the condom to remove any air
4. Place the condom correctly on the tip of an erect penis
5. Roll down the condom on the erect penis while still pinching the tip of the condom
6. Put few drops of water based lubricant penis (depending on the dryness of the sexual fluids and personal preference, more or less lubricant can be used) and spread it evenly on the penis
7. After ejaculation, carefully remove the condom while the penis is still erect (recommended to hold the open end tightly to avoid spilling the sexual fluids and semen)
8. Make a tight knot on the open end of the condom to seal the semen and wrap it in paper or tissue
9. Dispose it in the dustbin

4. Roll down the condom on the erect penis while still pinching the tip of the condom



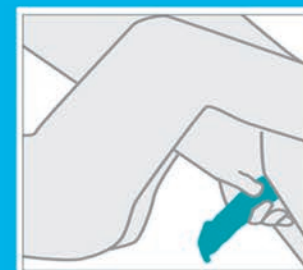
1. Use a new condom for each act of sex



2. Before any contact, place the condom on tip of erect penis with rolled side out



5. Put few drops of water based lubricant penis (depending on the dryness of the sexual fluids and personal preference, more or less lubricant can be used) and spread it evenly on the penis



3. Pinch the tip/nip of the condom with your fingers to remove any air



6. Dispose used condom in the dustbin



AVOID USING YOURS NAILS AS MUCH AS POSSIBLE