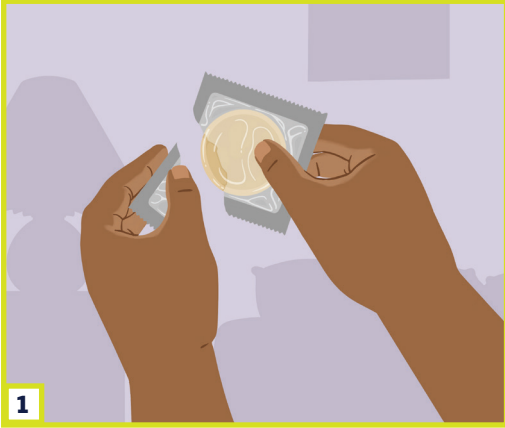
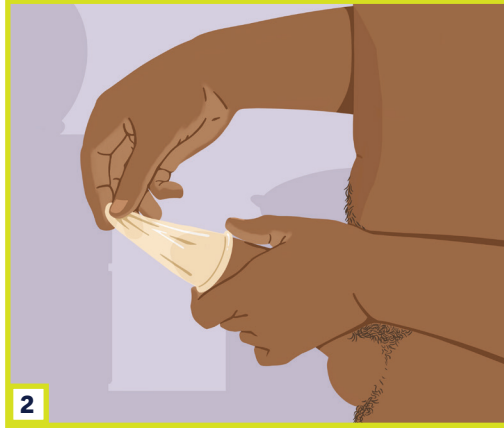


EXTERNAL CONDOM

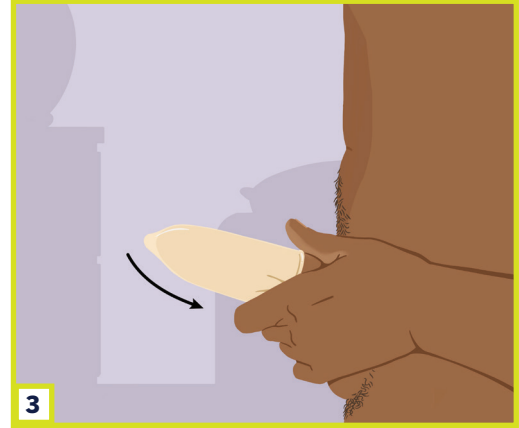
HOW TO USE AN EXTERNAL CONDOM



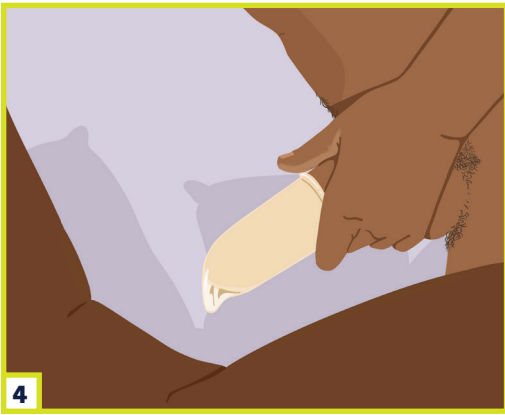
1 Open the packaging, being careful not to tear the external condom. Check to make sure there are no holes or tears in the external condom.



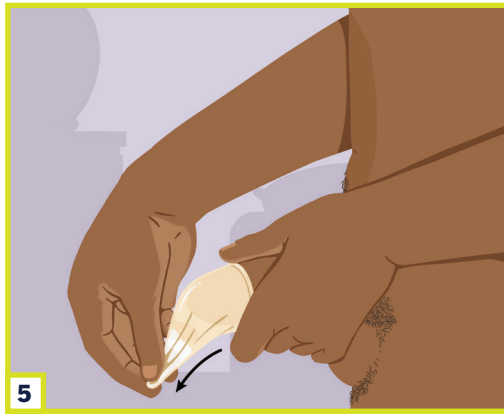
2 Hold the tip of the external condom with two fingers and use your other hand to place the external condom on the tip of the erect penis. Pinch air out of the tip of the external condom.



3 While holding the external condom tip, unroll the remainder of the external condom over the penis until you reach the base.



4 After use or ejaculation, hold the rim of the external condom in place while withdrawing the penis.



5 When removing the external condom from the penis, make sure not to spill any semen that may be inside the external condom.



6 Tie the used external condom into a knot and throw it away in a trash can. Do not flush down the toilet.

HOW IT WORKS

The external condom creates a barrier against skin and fluids to help prevent pregnancy and sexually transmitted infections (STIs).

HOW OFTEN YOU USE IT

Put a new external condom on every time you have sex or contact with someone's skin or genital fluids.

EFFECTIVENESS

Typically, **87%** of people don't become pregnant.

STI PROTECTION

External condoms protect against STIs.



HOW TO GET IT

External condoms are readily available at drugstores and clinics. A healthcare provider can also provide a prescription.

COST

External condoms cost between \$1–20. Clinics usually offer external condoms at no cost.

VISIBILITY

Your partner(s) will be able to see if you are wearing an external condom.

STORAGE

Store in a dry place, ideally between 59–77°F.

ADDITIONAL INFORMATION

- Non-hormonal
- Widely available
- May help with premature ejaculation
- Can be used to make dental dam for use between the mouth and vagina or anus during oral sex
- Latex can cause an allergic reaction
- Can break, leak, or slip off

If you notice any concerning changes, reach out to your healthcare provider immediately.

This information is here to support you as you explore what birth control method may work for you. It may take a few tries to figure out what method works best for you.



Learn more at hellogreenlight.org/external-condoms