

GETTIN' IT ON



A guide to safe
and enjoyable
condom use



HIV
Ireland

Condoms, when used correctly, offer the best protection against transmission of most Sexually Transmitted Infections (STIs) including HIV.

The age of sexual consent in Ireland is 17 years.

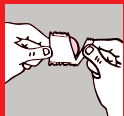
**FREE male and female condoms are available at:
HIV Ireland, 70 Eccles St, Dublin 7
Tel: 01 873 3799**

**Website: www.hivireland.ie
Email: info@hivireland.ie**

READY



- » Ensure penis is hard before putting on a condom.
- » Tear the packet open from one jagged edge to the other.
- » Visually check that the roll of the condom is on the outside.
- » If you or your partner are uncircumcised you may have to pull back the foreskin before rolling on the condom.



STEADY



- » Pinch the tip to remove the air from the condom. This will help prevent the condom from breaking and leave room for semen.
- » Unroll the condom all the way to the base of the penis while still pinching the tip.
- » Apply plenty of water-based or silicone-based lubricant to the outside of the condom for extra comfort and safety.



GO



- » You and your partner can now enjoy safer sex; check the condom is still on correctly during sex.
- » After sex withdraw the penis while still hard; hold the base of the condom to make sure it does not slip off.
- » Slide the condom off the penis and dispose of it. Do not flush condoms down the toilet.





TIPS WHEN USING CONDOMS

- » Only use each condom once.
- » Only use one condom at a time. Using two or more condoms together can cause them to break.
- » Condoms go out of date; always check the expiry date.
- » Good quality condoms display one or more of these symbols:



- » Store condoms in a cool dry place; condoms stored for long periods in pockets or wallets can be damaged over time.
- » When opening a condom do not use teeth and be careful of nails and jewellery.
- » If you put a condom on incorrectly (e.g. inside out) dispose of it and use a new condom.
- » Most condoms are made from latex. Non-latex condoms are available for those with allergies.
- » Penises come in different shapes and sizes; so do condoms. Shop around for your best fit. If a condom is too small for you it can break; if it is too big it can slip off.
- » Dry sex can cause condoms to break. Do not use oil-based lubricants such as baby oils and vaseline which can weaken latex, or saliva which can dry quickly. Use water based or silicone based lubricants only.
- » The risk of condom failure increases after about 20 minutes of penetrative sex, vaginal or anal, so it's advisable to change the condom if you are having sex for longer than this.
- » Try flavoured condoms for oral sex. Some flavoured condoms should not be used for penetrative sex; always check the packet for details.



IF A CONDOM BURSTS OR SLIPS OFF

- » Emergency treatment (PEP - Post Exposure Prophylaxis) is available for HIV and Hepatitis B within 72 hours of exposure. Contact a hospital A&E department (or your local STI clinic) for assessment.
- » There are two types of emergency contraception available through your Pharmacy, local doctor or a family planning clinic; a 3 day pill that has to be taken within 72 hours and the 5 day pill that has to be taken within 120 hours. Both pills are more effective the sooner they are taken and are available to buy directly in pharmacies.



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**Just
carry
one**

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