

Use Condoms. Always.

HIV/AIDS and other sexually transmitted diseases can be contracted by anyone who has unprotected sex.

All it takes is sex without a condom with one infected person and you could get a disease.

Some sexually transmitted diseases including HIV/AIDS may not show symptoms for many months, and people can spread the disease without knowing it. So you may not know if your sex partner is infected or not.

That is why you need to use a new condom every time you have sex.

When used correctly and consistently condoms are the best prevention against HIV/AIDS, Hepatitis B, herpes, gonorrhoea, syphilis and Chlamydia.

How to use condoms



- Check the packet for expiry date and that it is airtight.
- Carefully open package so condom does not tear. Do not unroll before putting on.
- Pull foreskin back. Hold the tip of the condom, squeeze the air out and put it on the end of hard penis.
- Carefully roll the condom to the base of the penis. Always put it on before entering partner.
- When finished hold the condom and pull the penis out while it is still stiff.

Always tie a knot in the condom and bin, burn or bury it.

