

Remember

- Do check the expiration date before using a condom. Never use an expired condom.
- Do not reuse condoms.
- Do not use Vaseline, lotion or oil with condoms. Use water-based lubricants like K-Y Jelly.
- Do not keep condoms in places that get very hot or very cold like a car's glove compartment or wallet.

There is no 100% safe sex. But using condoms the right way makes it safer. Condoms help protect against some STDs (sexually transmitted diseases) including HIV. But other STDs may be transmitted by skin contact with infected areas even if you use a condom. These STDs include HPV, herpes and syphilis. An STD is a disease that you can get from having sex.

If you have any questions about how to use a condom or what to do if a condom breaks, call Adagio Health at _____.

Adagio Health is an equal opportunity provider and employer.
Call 1-800-654-5984 for the TTY/TDD line for the hearing impaired.



www.adagiohealth.org