

## WHAT IS A MALE CONDOM?

A male condom is a rubber sheath that covers the penis during sexual intercourse in order to prevent unwanted pregnancy and Sexually Transmitted Infections (STIs), such as HIV/AIDS.

## WHAT DO YOU DO WITH IT?

You put on a condom before, and wear it during, sexual intercourse.

## HOW DOES IT WORK?

- A male condom prevents seminal fluid with sperm from being deposited in your sexual partner's vagina.
- A male condom acts as a barrier that prevents micro-organisms (STIs) from passing from one partner to another.

**“Condoms are 98% effective at preventing pregnancy if correctly used. Given mistakes might happen, such as incorrect use or breakages, it might only be 88% effective.”**

## WHAT TO REMEMBER:

- Use a new condom each time you have sexual intercourse.
- Check the expiration date before using a condom.
- Have enough supplies of condoms.
- If the condom breaks, consider emergency contraception.
- If the condom breaks, you will NOT BE PROTECTED from STIs.
- Use only water-based lubricants.
- Store away from direct sunlight.  
\*Keep condoms in a safe place - out of reach of children.  
For further information, consult a doctor or a nurse.

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For more information about contraceptives or Family Planning, please contact the Republic of Palau Ministry of Health - **Family Health Unit** at (tel): **488-2172** or follow us on Facebook: <https://facebook.com/FHUPalau>.

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**Family Health Unit**  
**Republic of Palau Ministry of Health**



## MALE CONDOM

Learn more about Family Planning and the different types of contraceptives that can prevent unwanted pregnancies and prevent the spread of sexually transmitted infections.

For more information, call the **MOH Family Health Unit** at **488-2172**.

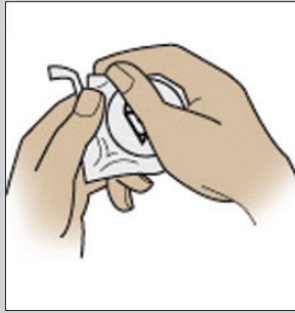
## MALE CONDOM BENEFITS

- A male condom provides protection against STIs and HIV/AIDS.
- A male condom is effective, immediately.
- A male condom does not interfere with sexual intercourse.
- A male condom can be used as a back-up contraceptive method.
- There are no method-related health risks.
- There are no systemic side effects.
- A male condom does not require a prescription and it is easy to get.
- A male condom's use often requires discussion between partners.

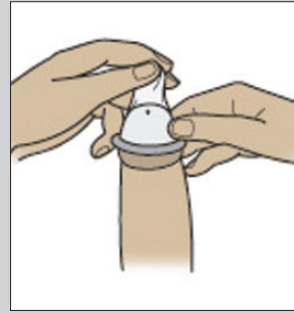
## MALE CONDOM LIMITATIONS

- Its effectiveness depends on your willingness to use condoms correctly and consistently.
- Disposal of a used condom may be a problem.
- Adequate storage must be available at your home.
- Supplies must be readily available before you begin sexual intercourse.
- Re-supply must be available.

## HOW TO USE A MALE CONDOM



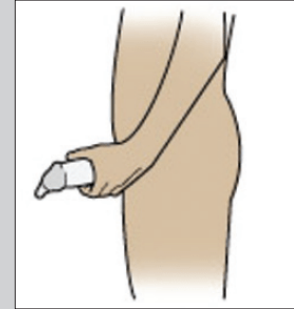
1. Tear Open the pack carefully, do not damage the condom. Do not use a knife or scissors.



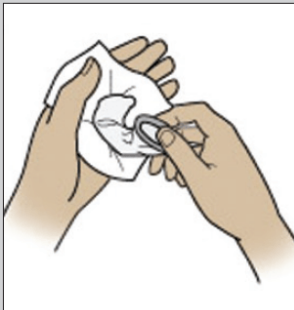
2. Place the condom over the tip of your erected penis with the rolled rim facing away from your body.



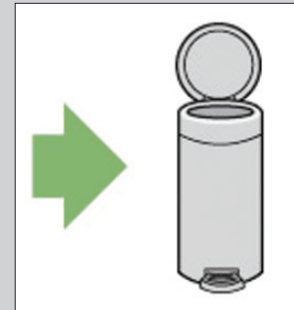
3. Pinch the top to remove any air. Unroll the condom all the way to the base of your penis.



4. Use a new condom every time you have sex.



5. After ejaculation, hold the rim of the condom so it will not slip off and withdraw your penis while it's still erected.



6. Remove the condom, take care not to spill its contents and throw away your used condom wisely.

## WHO CAN USE IT?

- Anyone wanting protection from STIs including HIV/AIDS.
- Anyone not in a committed relationship or who has multiple sex partners/unsure if partner has other sex partners.
- People living with HIV/AIDS.
- Men who have sex with men (MSM).
- Commercial Sex Workers.
- Gay Couples.
- Couples that need immediate protection from pregnancy and/or HIV or STI - where one or both partners is/are HIV Positive.

## WHO SHOULD NOT USE IT?

- Men and women who are allergic to latex.

**"The condom is one of the most accessible and inexpensive forms of birth control available. The cost of condoms is as low as \$0.04 per unit."**