Do

- Store unused condoms at room temperature (68-77°F or 20-25°C) - Not in extreme heat or cold - and away from moisture, direct sunlight and direct fluorescent light.
- Check the expiration date: Make sure that the date on the wrapper is not expired.
- Use only latex or polyurethane male condoms: Remember that natural membrane condoms (AKA ‘animal skin’ or ‘lambskin’) do NOT protect against HIV and other STDs.
- Put the condom on an erect (hard) penis: Do this before there is any contact with a partner’s genitals.
- Use plenty of water-based lubricant with latex condoms: (e.g. K-Y jelly, Astroglide, Kama Sutra, Liquid S&W). Lubricant reduces friction and minimizes the risk of condom breaking.
- Change to a new condom: If you have prolonged vigorous and/or anal sex to avoid condom breakage.

Don’t

- Store unused condoms where the temperature and humidity can damage it: Don’t store condoms in a glove compartment, trunk, wallet or back pocket.
- Use expired condoms: Old condoms can be dry, brittle or weakened and can break more easily.
- Use your fingernails or teeth when opening a condom wrapper: It’s very easy to tear the condom inside. If you do tear a condom while opening the wrapper, throw that condom away and get a new one.
- Use two condoms at the same time: It can make the condoms slip off or break.
- Unroll the condom before putting it on the erect penis: This should be done after putting it on.
- Use oil-based products as lubricant with latex condoms: (Products like baby or cooking oils, hand lotion or petroleum jelly/vaseline). The oil quickly weakens latex and can cause condoms to break.
- Use lubricants with spermicide called nonoxynol-9 (“N-9“): They may cause skin irritation or tiny abrasions that make the genital skin more susceptible to sexually transmitted infections (STIs) like HIV.
- Reuse a condom: Always use a new condom each time you have anal, oral or vaginal sex.

Contact Information:

If you have questions or would like to request NYC Condoms and lube, please call 311 or email condoms@health.nyc.gov