

# 14 Do's & Don't's for Using Condoms

## 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 STIs.



- ✔ **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 Silk). 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](mailto:condoms@health.nyc.gov)