



Quick Tips for Safe Effective Condom Use

Condom use is as easy as 1, 2, 3!

1. Once consent has been established and penis is erect, place condom on before any genital contact.



2. Leave a space at the tip of the condom, and roll to the base of the penis.



3. After ejaculation, hold condom firmly at the base, and withdraw.



Condoms are available for free, with your UIN card, once every two weeks at:

- McKinley Health Center, Main Lobby, Information/HRC counter
- Illini Union, OASIS, Room 40, Lower Level

Did you Know?

- Since 1976, the U.S. Food and Drug Administration (FDA) has regulated condoms to ensure their safety and effectiveness; products manufactured in the United States or that are imported must comply with FDA's requirements.
- All condoms, regardless of brand name, are required to meet the same FDA requirements for safety and effectiveness.
- Condoms are effective in reducing the risk of HPV and cervical cancer.
- Condoms are highly effective in preventing "discharge infections" like HIV, Chlamydia and gonorrhea.
- Condoms also provide some protection against genital ulcer STD's including herpes and syphilis.
- **If you are sexually active, condoms are your best line of defense for preventing sexually transmissible Diseases!**
- During sex while using a condom, make sure there is adequate lubrication from natural lubricant, or by adding additional water-based or silicone lubricant.