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## *Condoms: An Option for Men*

### **Use of Condoms:**

Condoms provide protection against unwanted pregnancy and sexually transmitted infections including HIV/AIDS. A new condom is to be used each time of sex. Correct and consistent use of condoms is essential.

Following steps needs to be followed.

- Squeeze the tip of condom and put it at the end of erect penis.
- Keep squeezing while unrolling the condom until it covers all penis. The loose part at end will hold semen.
- After the men ejaculate, he should hold firm rim of condom and withdraw from vagina.
- Take off the condom. Tie at other end and do not let semen spill. Dispose off the condom properly.
- Keep condoms in cool dry place and away from sun light.

