

```
for val in sequence:
    # code
    if condition:
        continue

    # code
```

```
while condition:
    # code
    if condition:
        continue

    # code
```

```
for val in sequence:
    # code
    if condition:
        break

    # code
```

```
while condition:
    # code
    if condition:
        break

    # code
```

Credit: <https://www.programiz.com/python-programming/break-continue>