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## Appendix C

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# How to Put on a Male Condom

1. Carefully open package to avoid tearing.
2. Put the condom on when the penis is erect and before any contact between penis and partner's body.
3. Hold the tip of the condom between your forefinger and thumb to squeeze out the air (air trapped inside a condom could cause it to break).
4. Use your other hand to unroll the condom all the way over the erect penis. Make sure the roll is on the outside.
5. Leave some space at the tip to hold the ejaculate (cum).
6. After sex, withdraw when the penis is still erect. Hold the condom at the rim while pulling out slowly. Do not remove condom before fully withdrawn.
7. Use a new condom every time you have sex.

