



Businesses for Health:  
Tuberculosis and HIV

**Correct Card Order:** The cards may be in a different order. BUT **BEFORE** sexual activity both partners should check the condom(s) for: expiration date, safe storage, STI/HIV protection, and packaging.

1. Know your HIV status
2. Give consent to have sex
3. Talk to partner about STI and pregnancy protection
4. Buy/ Get a condom
5. Store condoms in a cool, dry place away from light and extreme temperatures
6. Check expiry date
7. Check for writing on condom packaging indicating that it provides STI/HIV protection
8. Check for holes in packaging by giving condom a gentle squeeze
9. Slide condom to the side of package and open carefully
10. Make sure the condom will go on the right way (a crease can be seen between the condom and the roll)
11. Use a drop of water or silicone based lubricant in the tip of the condom
12. Pinch the tip of the condom
13. Unroll the condom down to the base of penis
14. Right after ejaculation, hold the rim of the condom in place and withdraw from the partner
15. Take condom off carefully to avoid spilling
16. Tie condom in a knot
17. Put condom into the rubbish, not in the toilet

## CONDOM CARDS



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### Instructions:

1. Hand out cards
2. Have the participants arrange themselves into a line holding the cards or arrange the cards in order on table. (5 minutes)
3. Ask if anyone want to move any of the cards and why?

### Notes:

- Not agreeing and not having sexual intercourse is the only 100% safe method to prevent STI and pregnancy.
- Condoms are a barrier method of contraception and the only form of contraception, besides abstinence, that can provide protection from sexually transmitted infections (STI). People who are sexually active are encouraged to use a condom with each sex activity.
- Using a condom correctly and consistently may help reduce the risk of STI as well as pregnancy.
- Use a new condom for every sex act.
- Store condom in a cool, dry place. Not your wallet!
- Never “double bag” (use two condoms, one on top of the other). This causes friction and the condom is more likely to break.
- Never use a condom twice.
- Use only water-based lubricants.
- Condoms can be purchased at pharmacies, provided at health clinics at no cost and some workplaces
- Practicing putting condoms on can make it less stressful when the time comes to use one.

Print two sided pages 3 - 13  
cut into 4 cards per A4 page

Hand out cards to groups of 17 and ask  
them to arrange themselves in the  
correct order.

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**Know your HIV status**

**Talk to partner about STI and  
pregnancy protection**

**Call your last sexual partner**

**Give consent to have sex**



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**Store condoms in a cool, dry place away from light and extreme temperatures**

**Check for writing on condom packaging indicating that it provides STI/HIV protection**

**Buy/ Get a condom**

**Check expiry date**



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**Slide condom to the side of package and open carefully**

**Use a drop of water or silicone based lubricant in the tip of the condom**

**Check for holes in packaging by giving condom a gentle squeeze**

**Make sure the condom will go on the right way (a crease can be seen between the condom and the roll)**





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**Unroll the condom down to the  
base of penis**

**Take condom off carefully to  
avoid spilling**

**Pinch the tip of the condom**

**Right after ejaculation, hold the  
rim of the condom in place and  
withdraw from the partner**



**Put condom into the rubbish, not  
in the toilet**

**Tie condom in a knot**



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