

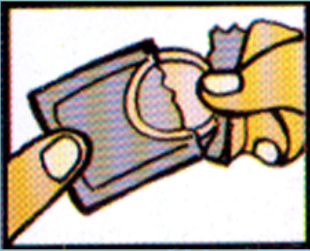


KALUSUGAN

Una sa **LAHAT**
para sa **LAHAT**



to avoid STIs and HIV / AIDS using condoms whenever you have sex



Make sure the condom has not expired yet.

Pinch the tip of the condom and place it on the head of your penis.



After having sex, carefully take off the condom away. Do this before your penis goes soft.

Throw the condom away in the garbage.



Avoid AIDS and other STIs by:

Abstinence

Do not have sex.

Be faithful

Be faithful to your partner.

Condom

Use a condom

Don't share needles

Do not get used to the needle.

