

Five male condom mistakes to avoid

The most common mistake people make is to not use condoms from the beginning of sexual contact to the very end, after ejaculation, according to the CDC. Here are some other pitfalls that can make a condom less likely to prevent pregnancy and STDs:

1

Stocking condoms in your wallet, purse or car (they can overheat or get crushed — choose a cool, dry place instead).

2

Forgetting to read the package. Make sure you check the expiration date and material — the CDC recommends latex or polyurethane condoms.

3

Opening the package with your teeth or other sharp things (you don't want to tear the condom).

4

Lubricating with lotion, petroleum jelly or other oil-based products, which can cause the condom to break — go for a water-based or silicone-based lubricant instead.

5

Reusing a condom or using two condoms at once; instead, use one new condom every time you have sex.