

WHEN CAN I START USING BIRTH CONTROL?

You can start or switch at any time, including any time during your menstrual cycle, and right after giving birth or having an abortion.

WHERE CAN I GET IT?

You can get birth control at health centers, family planning clinics or through your health care provider. Health centers and family planning clinics also provide free condoms. Teens do not need permission to get birth control and other sexual health services.

HOW MUCH WILL I HAVE TO PAY?

Many health care providers offer free or low-cost birth control options - check with your insurance provider to see what's covered. You may also be eligible for the Medicaid Family Planning Benefit Program, a public health insurance program that pays for family planning services. Call 1-800-541-2831 to find a place to enroll.

Search “Birth Control”
at nyc.gov or call 311 to
learn more, including
where to get birth control.

For more information, visit bedsider.org
or talk with a health educator at
plannedparenthoodchat.org



CHOOSING BIRTH CONTROL AND CONDOMS



Choose a **birth control** method that works for you. **Know your options** and **pick one** that fits your lifestyle.

There are many **safe and effective** methods that you can use to **prevent pregnancy**. Without birth control, more than 8 in 10 sexually active women will get pregnant. **Condoms** are the only birth control method that **help prevent STIs, including HIV**. Use a condom and another birth control method **every time you have sex**.





NON-HORMONAL IUD (COPPER)
Use up to 10 years
(Once inserted)



HORMONAL IUD
Use up to 3 to 5 years
(Once inserted)



IMPLANT
Use up to 3 years
(Once inserted)

99%+
effective at preventing pregnancy

These methods can be removed at any time





SHOT (DEPO-PROVERA)
Use every 3 months



RING
Use every month



PATCH
Use every week



THE PILL
Use every day

91-94%
effective at preventing pregnancy





DIAPHRAGM
Use every time you have sex



CERVICAL CAP
Use every time you have sex



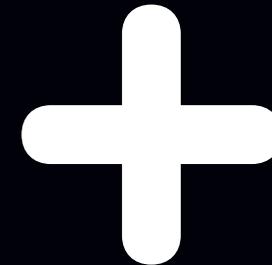
SPONGE
Use every time you have sex

71-88%
effective at preventing pregnancy

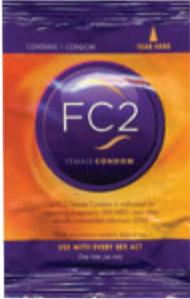


EMERGENCY CONTRACEPTION PILL

The emergency contraception pill can prevent pregnancy - it is **NOT** an abortion pill. Take it up to five days (120 hours) **AFTER** having unprotected sex, forgetting to use birth control, or having a condom break, leak or slip off. Buy it at a drugstore without a prescription, or get it at a clinic. The sooner you take it, the better it works.




MALE CONDOM



FEMALE CONDOM