If you’re having sex, use BOTH EVERY TIME to help prevent pregnancy, HIV and STIs.

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)
These methods can be removed at any time

SHOT (para-progesterone)
Use every 3 months

RING
Use every month

PATCH
Use every week

THE PILL
Use every day

99%+
effective at preventing pregnancy

91-94% effective at preventing pregnancy

71-88% 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

EMERGENCY CONTRACEPTION PILL
The emergency contraception pill can prevent pregnancy AFTER sex. 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.

To learn more, search “birth control” on nyc.gov or call 311

Photos courtesy of Bedsider.org