

CHOOSE BIRTH CONTROL AND CONDOMS

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)

99%+
effective at preventing pregnancy

These methods can be removed at any time

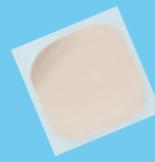




SHOT (DEPO-PROVERA)
Use every 3 months



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

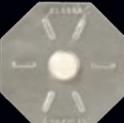


CERVICAL CAP
Use every time you have sex



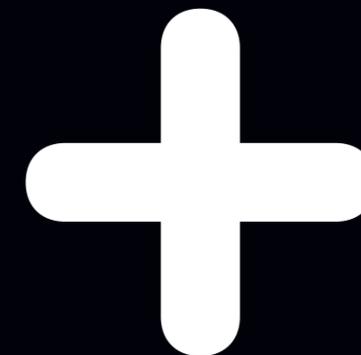
SPONGE
Use every time you have sex

71-88%
effective at preventing pregnancy



EMERGENCY CONTRACEPTION PILL

The emergency contraception pill can prevent pregnancy 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.




MALE CONDOM



FEMALE CONDOM

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

