

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

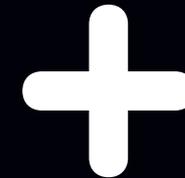
SPONGE
Use every time you have sex

71-88%
effective at preventing pregnancy

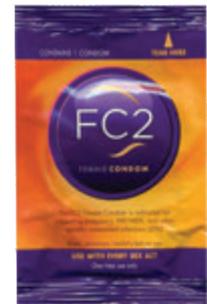


EMERGENCY CONTRACEPTION PILL

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

See back for more details on each method

Photos courtesy of Bedsider.org

NYC
Health

NOTES

IUD

- A small (about an inch long), T-shaped device that your health care provider inserts into your uterus
- Hormonal and non-hormonal (copper) versions available

IMPLANT

- Tiny rod (the size of a matchstick) that your health care provider puts under the skin of your arm
- Contains hormones

SHOT

- A hormonal injection that your health care provider gives you every three months

RING

- A soft, flexible hormonal ring that you put in your vagina for three weeks, then remove for the fourth week
- Prescription needed

PATCH

- A thin, plastic hormonal patch that you wear once a week for three weeks, then leave off for the fourth week
- Prescription needed

THE PILL

- A hormonal pill that you take every day at the same time
- Prescription needed

DIAPHRAGM

- A silicone cup that you put in your vagina
- Can be inserted several hours **BEFORE** you have sex and must be left in place **AFTERWARDS** for six hours
- Health care provider visit needed

CERVICAL CAP

SPONGE

- A foam sponge (about two inches round) that you put in your vagina
- Can be inserted several hours **BEFORE** you have sex and must be left in place **AFTERWARDS** for six hours
- No prescription needed (sold in drug stores)



MALE CONDOM

- The only way to protect you and your partner against HIV and STIs
- Should be used with water-based lube

FEMALE CONDOM

- Different sizes and materials (latex and non-latex) available
- No prescription needed (free supplies found at nyc.gov/condoms or by calling 311; also sold in drug stores)

EMERGENCY CONTRACEPTION PILL

- The sooner you take it, the better it works. If taken within three days (72 hours), it is 89% effective at preventing pregnancy.
- It is **NOT** an abortion pill. If you're already pregnant, it will not work.
- Buy it at a drugstore without a prescription, or get it at a clinic. Think about getting it now, in case you need it later.

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

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