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

**Choose Birth Control**

- **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)

- **SHOT (Depo-Provera)**
  - Use every 3 months

- **RING**
  - Use every month

- **PATCH**
  - Use every week

- **THE PILL**
  - Use every day

**These methods can be removed at any time.**

**Condoms**

- **MALE CONDOM**
- **FEMALE CONDOM**

**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.

See back for more details on each method.

Photos courtesy of Bedsider.org
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
- 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