

# Which woman are you?



The Pill

IUD

Condoms

Cervical Cap

Shots

Diaphragm

The Patch

Female Condom

Vaginal Ring

Find out which birth control method is right for you. Talk to a healthcare provider, visit a family planning clinic, or call the Women's Healthline at **311**.



The New York City Department of Health and Mental Hygiene  
Thomas R. Frieden, M.D., M.P.H., Commissioner  
nyc.gov/health

Only condoms can prevent HIV and other sexually transmitted diseases.

The choice is yours

# TAKE CONTROL