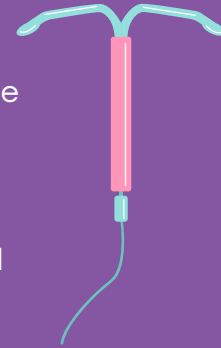


Your Guide to Birth Control

Long Acting

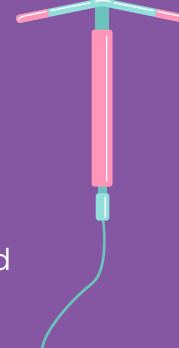
IUD

- Interuterine device
- +99% effective
- 3-5 years
- Hormonal method



Copper IUD

- Interuterine device
- +99% effective
- Up to 10 years
- Spermicidal method



The Implant

- Implanted in the arm
- +99% effective
- Up to 5 years
- Hormonal method



Vasectomy/Tubal Ligation

- Surgery to cut male tubes or tie female tubes
- Almost 100% effective
- Permanent



Regular Routine

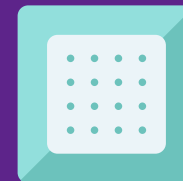
The Pill

- Taken daily
- 99% effective
- Hormonal method



The Patch

- Placed on the skin
- 91% effective
- Change every 4 weeks
- Hormonal method



Vaginal Ring

- 99% effective
- Change after 3 weeks
- Hormonal method



Injection

- Shot every 12 weeks
- +94% effective
- Not recommended for 2+ years
- Hormonal method



Single Use

Condom

- 85% - 95% effective
- STI protection
- Barrier method



Internal Condom

- 79% effective
- STI protection
- Barrier method



Spermicide

- Kills sperm
- 72% effective
- Use up to 1 hour before sex
- Spermicidal method



Emergency Contraceptive

- 95% effective (if taken within 24 hours)
- Must be taken within 5 days
- Hormonal method



Need help choosing? Find a health center near you.