

WHICH METHOD IS RIGHT FOR YOU?

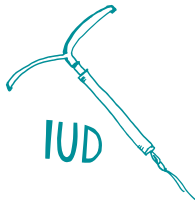
IMPLANT



99+%
EFFECTIVE*

Inserted under skin of the arm by a doctor and can stay in for up to 3 years

IUD



99+%
EFFECTIVE*

Inserted by a doctor into the uterus and can stay in for 3-10 years

SHOT



94%
EFFECTIVE*

Injection by doctor given once every 3 months

RING



91%
EFFECTIVE*

Soft, flexible plastic ring placed in vagina for 3 weeks then removed to allow for menstruation

PATCH



91%
EFFECTIVE*

Thin plastic patch that sticks to skin and is changed once a week

PILL



91%
EFFECTIVE*

Small, hormonal pill taken every day at the same time

WITHDRAWAL
(PULLING OUT)



78%
EFFECTIVE*

When penis is removed from vagina before ejaculation and semen is directed away from vagina

CHOOSE BIRTH CONTROL +  EVERY TIME FOR THE BEST PROTECTION POSSIBLE.
CONDOMS

Condoms make all methods more effective and can reduce your chance of getting STIs. Using latex or polyurethane condoms correctly every time helps protect you from HIV and other STIs (Protection levels vary depending on the STI).

 **EMERGENCY CONTRACEPTION**
(MORNING AFTER PILL)

Emergency Contraception is a pill you can take up to 5 days AFTER unprotected sex. For example, you forgot to use birth control, or a condom broke, leaked or slipped off. The sooner you take it, the better it works. You can get it at your clinic or at most drug stores without a prescription. This is NOT an abortion pill. If you are already pregnant, it will not work.

 **FIND YOUR CLINIC**
MySelfMyHealth.org

better together
HENNEPIN



*Effectiveness rates for typical users