

## Vaginal ring



This small ring has hormones. You leave the ring in place for three (3) weeks. You remove it for one (1) week and then use a new ring.

## Diaphragm



This round rubber cap covers your cervix. Put it in your vagina before having sex and leave it in place for six (6) hours after sex.

## Cervical cap



This cap covers your cervix as well. Put it in your vagina before having sex. It can be left in place for two (2) days.



## “Get it and Forget It” methods

...you don't have to remember a thing.

***These methods work best.***

### Birth control implant



The implant, called Nexplanon®, is a thin, plastic rod about the size of a matchstick. A health care provider puts the rod under the skin of your upper arm. It works for three (3) years.

### IUD and IUS



An IUD (intrauterine device) is a small piece of plastic with a short string. It is put into your uterus to prevent pregnancy for up to 10 years. An IUS (intrauterine system) is made of soft plastic and has hormones. Mirena® works for five (5) years. Skyla® and Liletta® work for three (3) years.

## Sterilization

Sterilization is permanent birth control. It is surgery for women and men who do not want children.

## Emergency Contraception (EC)

EC works best if taken as soon as possible after sex. EC may work up to five (5) days after sex. The sooner you take the pill, the better it works. Use EC if you didn't use birth control. This can happen from rape, a broken condom or when sex “just happens.” One type of EC is Plan B One-Step®.



### Call or visit a health clinic for:

- Free or low-cost birth control for women, men and teens
- Health exams
- Pregnancy testing

### To find a clinic near you:

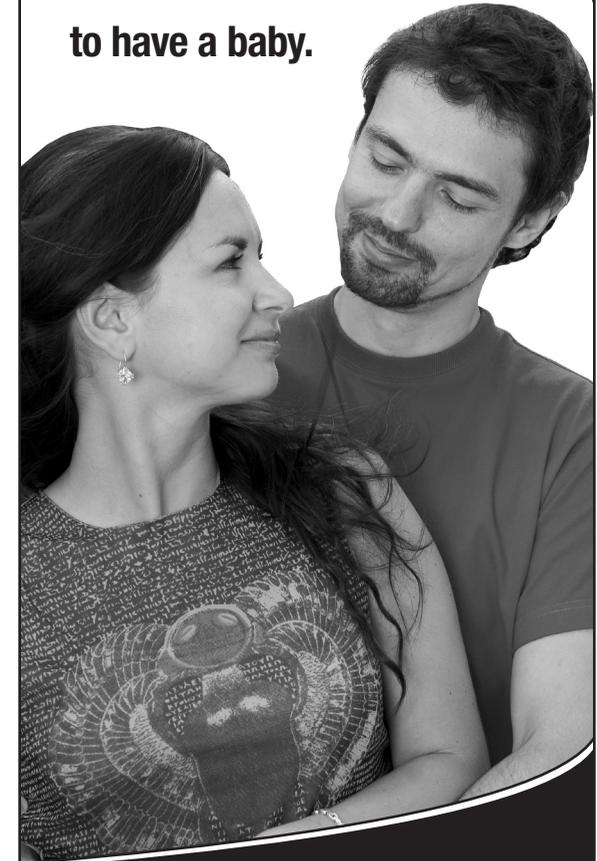
Visit [www.ccare.oregon.gov](http://www.ccare.oregon.gov) or call 2-1-1.

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the Oregon Reproductive Health Program at 971-673-0355 or 711 for TTY.

Download this brochure in English and other languages at [www.healthoregon.org/rh](http://www.healthoregon.org/rh).  
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# Birth Control It's your choice ...

You can decide  
**IF and WHEN**  
to have a baby.



Oregon  
**Health**  
Authority  
PUBLIC HEALTH DIVISION  
Reproductive Health Program

## If you don't want to get pregnant:

- Use a birth control method the right way every time you have sex.
- Try one of the other methods if you don't like the birth control you are using.
- Take your partner with you to visit a health clinic and learn about birth control.



**Most birth control methods do not protect against STDs/HIV.** Use condoms with your birth control method in order to protect against STDs/HIV.

**Many STDs have no symptoms. Get tested.**

## Birth control you can use without going to a clinic

### Abstinence



Abstinence, as birth control, means not having intercourse. There are many other ways to be close to your partner with no risk of getting pregnant. Remember, it's OK to say "not now" to sex.

### Condoms



Placed on your erect penis, the condom keeps semen from getting into her vagina. It protects against STDs and HIV.

### Female Condoms



Female condoms are soft plastic pouches with a ring at each end. The ring in the closed end is placed in your vagina. The other ring at the open end stays outside your body. Female condoms protect against HIV and other STDs.

### Withdrawal

A man pulls his penis out and away from your vagina BEFORE he ejaculates (cums). This method depends on pulling out at the right time.

### Natural family planning



Couples use this method to plan or prevent pregnancy. You record body signs and/or use a calendar to know when you can get pregnant. You don't have vaginal sex or you use birth control during this time to prevent pregnancy.

### Spermicides



Buy spermicides in a drug store. They kill sperm and come in foams, jellies, creams or film. Put them in the vagina before sex. They work best if used with a condom.

## Visit a health clinic for these methods

### Depo-Provera



A doctor or nurse gives you a hormone shot. The shot works for three (3) months.

### Birth control patch



The patch is a thin, stick-on square with hormones. Put it on your body to prevent the release of an egg. A new patch is used once a week for three (3) weeks and the 4th week is patch-free.

### Birth control pills



Birth control pills have hormones and must be taken every day.

