





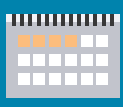





SAFER SEX & BIRTH CONTROL METHODS

what you need to know to stay safe | Percentages based on typical use

| | | | | |
|--|--|--|--------------------------|---|
|  | outercourse & abstinence Engaging in sexual activity that does not involve genital contact or sexual fluid exchange or choosing not to participate in any form of sexual activity. | | 100% effective* | Protects against STIs <input checked="" type="checkbox"/> |
|  | intrauterine device/system Inserted into the the uterus by a medical professional. Provides very effective birth control for 2 ^{1/2} -10 years. | Also known as: Mirena IUS, Copper IUD | 99.2% - 99.9% effective* | Does not protect against STIs <input type="checkbox"/> |
|  | surgery Surgery to prevent the sperm and egg from meeting. | Also known as: vasectomy, tubal ligation | 99.5% - 99.8% effective* | Does not protect against STIs <input type="checkbox"/> |
|  | hormonal birth control Using hormones to prevent pregnancy. | Also known as: The Pill; The Patch; Vaginal Ring; Depo Provera | 92% - 97% effective* | Does not protect against STIs <input type="checkbox"/> |
|  | condoms & sex dams Using a barrier between partners. | Also known as: internal condoms, external condoms, sex dams | 79% - 85% effective* | Protects against STIs <input checked="" type="checkbox"/> |
|  | barrier method Using a product or device that prevents the sperm from reaching the egg. | Also known as: Vaginal film & foam, the sponge, diaphragm | 71% - 84% effective* | Does not protect against STIs <input type="checkbox"/> |
|  | fertility awareness Timing vaginal intercourse to coincide with ovulation to achieve pregnancy or avoid it. | Also known as: timing method | 73% effective* | Does not protect against STIs <input type="checkbox"/> |
|  | withdrawal method Withdrawing the penis before ejaculation. | Also known as: pulling out | 75% effective* | Does not protect against STIs <input type="checkbox"/> |
| birth control that works after sex |  copper iud Inserted into the into the uterus by a medical professional within 5 days of unprotected sex. |  emergency contraceptive pill Purchased at a pharmacy and taken within 3 days of unprotected sex (less effective on days 4 and 5). | | |

Data provided by: www.optionsforsexualhealth.org/birth-control-pregnancy/birth-control-options/effectiveness

* in preventing pregnancy



women's health clinic