
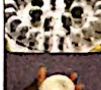




CHOOSE A METHOD THAT'S RIGHT FOR YOU BIRTH CONTROL

There are many things to consider when trying to find a birth control method that fits you and your life. Except for abstinence, no method is 100% effective, but there are many safe and effective methods available. A Planned Parenthood health care provider can discuss all of your birth control options with you and help you decide which method might be most effective for you.

	BIRTH CONTROL	WHAT IT IS	AVAILABLE AT PLANNED PARENTHOOD	PROTECTS AGAINST STIs
<p>More effective</p> <p>Less effective</p>	ABSTINENCE	Refrain from having vaginal intercourse <i>Used continuously, abstinence is 100% effective in preventing pregnancy</i>	N/A	Yes
	STERILIZATION	A medical procedure that permanently closes or blocks the tubes that carry sperm in a man (vasectomy) or a woman's fallopian tubes (Essure)	Yes*	No
	 IMPLANT	A matchstick-sized rod inserted under the skin of your upper arm by a health care provider <i>Effective up to 3 years</i>	Yes*	No
	 INTRAUTERINE DEVICE (IUD)	A small T-shaped device is inserted into your uterus by a health care provider <i>Effective for up to 5 years (hormonal) or 12 years (non-hormonal)</i>	Yes*	No
	 SHOT (Depo-Provera)	A shot is injected into your arm every 3 months by a health care provider	Yes*	No
	 VAGINAL RING (NuvaRing)	A small ring you put in your vagina once a month; it's left in place for 3 weeks in a row, then removed for 1 week	Yes	No
	 PATCH	A small patch that you stick to your skin once a week for 3 weeks in a row, then leave off for 1 patch-free week	Yes	No
	 PILLS (oral contraceptives)	1 pill you take at the same time every day or as directed by your health care provider	Yes	No
	 SPONGE	A foam sponge you insert into your vagina up to 24 hours before sex	Yes	No
	 DIAPHRAGM	A shallow silicone cup you insert into the vagina before you have sex	Yes	No
	 FEMALE CONDOM	A pouch you insert into the vagina before you have sex	Yes	Yes
	 MALE CONDOM	A sheath rolled onto the penis before you have sex (note that animal-skin condoms don't protect against STIs)	Yes	Yes
	 SPERMICIDE	A foam, cream, film, gel, or suppository that you insert into the vagina before sex	Yes	No
	 WITHDRAWAL (pull out method)	Removal of the penis from the vagina before ejaculation	N/A	No

If you've had unprotected sex, you have up to 5 days to use emergency contraception to prevent a potential pregnancy.

EMERGENCY CONTRACEPTION Pill, also called "Morning-After Pill," or a copper IUD	Pills: A pill that is taken as soon as possible after unprotected sex (must be taken within 5 days of having unprotected sex; most effective within the first 72 hours). Your weight and when you had your last period may determine how effective it is	Yes	No
	IUD: Copper IUD (e.g., ParaGard) is inserted by a health care provider — this is the most effective method for emergency contraception	Yes*	No

* Administered by a health care professional in health center



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KNOWLEDGE IS THE FIRST STEP SEXUALLY TRANSMITTED INFECTIONS (STIs)

INFECTION NAME	WHAT IT IS	SYMPTOMS	TREATMENT
HUMAN PAPILLOMAVIRUS (HPV)	An extremely common viral infection caused by skin-to-skin contact. There are more than 100 types of HPV — around 40 can infect the genital area. Some strains cause warts, while others can lead to genital or throat infections and cancers.	The cancer-causing strains have no symptoms, but may infect the cervix and cause abnormal pap tests in women. The wart-causing types may cause small bumps or cauliflower-like growths, which can appear anywhere on the genitals — the vulva, vagina, cervix, and anus in women; the shaft and head of the penis, scrotum, and anus in men.	HPV and pap tests are a routine part of a well-woman exam. A vaccine is available to protect against HPV infections. Although HPV is not curable, it can be treated and monitored by your clinician.
CHLAMYDIA	The most common sexually transmitted bacterial infection in the United States.	Most people — about 80% of women and 50% of men — have no symptoms. When there are symptoms, they typically appear 7-28 days after sexual contact. There is often abnormal discharge or burning during urination.	Chlamydia can be treated effectively with antibiotics. Both you and your partner should be treated before you have sex again. (Treatment does not protect against future infections.) If left untreated, Chlamydia can cause infertility in women and men.
GONORRHEA	A bacterial infection passed through sexual contact. It is sometimes called "the clap" or "the drip."	Many people — about 80% of women and 10% of men — have no symptoms. If you do have symptoms, they appear 2-21 days after sexual contact. There may be an abnormal discharge, burning during urination, or a need to urinate more often.	Gonorrhea can be treated effectively with antibiotics. Both you and your partner should be treated before you have sex again. (Treatment does not protect against future infections.) If left untreated, gonorrhea can cause infertility in women and men.
HERPES	A very common viral infection that remains in the body for life and can produce symptoms that come and go. It is spread through skin-to-skin contact (contact with a herpes sore or outbreak) by kissing or during oral, vaginal, or anal sex. The virus is more contagious if an outbreak is present, but you can give herpes to your partner even when you have no symptoms.	You may have no symptoms at all, and signs of the virus may appear years after exposure. However, an initial outbreak may appear 1-30 days after exposure, in the form of painful blisters on the mouth, genitals, or anus. There may also be some itching, burning, or pain before the blisters appear.	Medication can be taken to decrease symptoms, prevent outbreaks, and decrease the risk of infecting your partner. Although the blisters will eventually disappear, they can reappear because herpes is not curable. Outbreaks can occur less often and become less severe over time.
SYPHILIS	A bacterial infection passed through oral, vaginal, or anal sex.	There are often no symptoms, but some people get painless open sores in early stages. If left untreated, the infection can lead to rashes, as well as heart, bone, brain, and nerve damage, and even death.	When detected early, syphilis can be treated effectively with antibiotics. Both you and your partner should be treated before you have sex again. (Treatment does not protect against future infection.) Keep in mind that any damage caused by syphilis in the later stages cannot be undone.
HIV/AIDS	HIV (human immunodeficiency virus) is a virus that is transmitted through blood, semen, pre-semen, vaginal fluids, and breast milk, or by sharing needles. It breaks down the immune system — our body's protection against disease — and causes people to become sick with infections that normally wouldn't affect them. AIDS (acquired immune deficiency syndrome) is the most advanced stage of HIV.	Some people develop HIV symptoms shortly after being infected. But symptoms may not show up for years after exposure. The first HIV symptoms may include swollen glands in the throat, armpit, or groin. Other early HIV symptoms include flu-like symptoms, such as slight fever, headaches, fatigue, and muscle aches.	HIV is not curable, but it can be treated with medications that strengthen the immune system to keep HIV from developing into AIDS or to relieve AIDS symptoms.

STI tests are a normal part of health care. You should be tested for STIs every year and any time you have a new partner. Consistent condom use can reduce your risk of contracting or spreading STIs. If you think you or your partner(s) may have been exposed to an STI, talk with a health care provider about testing.

Many sexually transmitted infections have no symptoms. The only way to be sure is to get yourself tested.

You don't need an appointment to get tested. Just walk into a Planned Parenthood health center near you.

TO FIND A HEALTH CENTER NEAR YOU
visit www.pposbc.org

TO SCHEDULE AN APPOINTMENT CALL
Orange County: 714.922.4100
San Bernardino County: 909.890.5511
or visit www.pposbc.org

HAVE A QUESTION? Get your reproductive health and family planning questions answered by a trained health educator.
Toll-free: 877.4ME.2ASK (877.463.2275) // Online: www.BetterThanSexEd.org // Text: 53634 (Message and data rates may apply)