



BIRTH CONTROL OPTIONS

Condom	<ul style="list-style-type: none">• Used by the male• Must be placed prior to intercourse• Woman must rely on her partner not to get pregnant• Helps protect both partners against STD's
The Pill	<ul style="list-style-type: none">• Taken orally• Taken daily• Cannot miss a dose or there is a significantly higher chance of becoming pregnant
Patch	<ul style="list-style-type: none">• Placed on top of the skin on the abdomen• Changed weekly• Can cause skin irritation
Ring	<ul style="list-style-type: none">• Inserted vaginally• Changed monthly• Slightly higher risk of vaginal infections like yeast and BV
Nexplanon	<ul style="list-style-type: none">• Inserted under the skin in the arm• Last for three years• Can cause irregular periods
IUD	<ul style="list-style-type: none">• Inserted in the uterus• Last for 3-7 years• Can cause irregular periods
Sterilization	<ul style="list-style-type: none">• Same day surgery• Is permanent• Takes two weeks to recover• Is irreversible if a woman changes her mind