

# Your Guide to Birth Control



## Long Acting

### IUD

- Intrauterine device
- >99% effective
- 3-5 years
- Hormonal method



### Copper IUD

- Intrauterine device
- >99% effective
- Up to 10 years
- Spermicidal method



### The Implant

- Implanted in the arm
- >99% effective
- Up to 3 years
- Hormonal method



### Vasectomy/Tubal Ligation

- Surgery to cut male tubes or the female tubes
- Almost 100% effective
- Permanent



## Regular Routine

### The Pill

- Taken daily
- 99% effective
- Hormonal method



### The Patch

- Placed on the skin
- 99% effective
- Change every 4 weeks
- Hormonal method



### Vaginal Ring

- 99% effective
- Change after 3 weeks
- Hormonal method



### Injection

- Shot every 12 weeks
- >94% effective
- Not recommended for 2+ years
- Hormonal method



## Single Use

### Condom

- 80% - 98% effective
- 8% protection
- Barrier method



### Internal Condom

- 79% effective
- 21% protection
- Barrier method



### Spermicide

- Kills sperm
- 72% effective
- Use up to 1 hour before sex
- Spermicidal method



### Emergency Contraceptive

- 80% effective (if taken within 24 hours)
- Must be taken within 3 days
- Hormonal method



Need help choosing? Find a health center near you.

# Health Sex And Birth Control

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## **Health Sex And Birth Control:**

## The Enigmatic Realm of **Health Sex And Birth Control**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Health Sex And Birth Control** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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