

Know Your Options

Most Effective

Extremely Effective

Effective

Whoops!

Preventing Pregnancy

IUD or Implant

- ▲ For people who can get pregnant
- ▲ **99-100%** effective*
- ▲ Independent decision
- ▲ Does not protect against STDs
- ▲ Talk to your doctor



Birth Control Pill

- ▲ For people who can get pregnant
- ▲ **91-99%** effective*
- ▲ Independent decision
- ▲ Does not protect against STDs
- ▲ Talk to your doctor



Condoms

- ▲ For everyone
- ▲ **85-97%** effective*
- ▲ Involves conversations between partners
- ▲ Protects against most STDs
- ▲ Available at the store



Emergency Contraception

- ▲ AKA Morning After Pill, Plan B, etc.
- ▲ For people who can get pregnant
- ▲ Can be taken up to **5 days** after unprotected sex, but don't wait!
- ▲ Independent decision
- ▲ Most brands available without a prescription



Preventing HIV Transmission

Treatment as Prevention

- ▲ AKA U=U, viral suppression, etc.
- ▲ For people living with HIV
- ▲ **96-100%** effective*
- ▲ Independent decision
- ▲ Does not protect against other STDs
- ▲ Talk to your doctor



PrEP

- ▲ For people who do not have HIV
- ▲ **90-99%** effective for sexual transmission*
- ▲ **>70%** effective for injection drug transmission
- ▲ Independent decision
- ▲ Does not protect against other STDs
- ▲ Talk to your doctor



Condoms

- ▲ For everyone
- ▲ **85-97%** effective*
- ▲ Involves conversations between partners
- ▲ Protects against most STDs
- ▲ Available at the store



PEP

- ▲ For people who do not have HIV
- ▲ Can be started up to **3 days** after unprotected sex, but don't wait!
- ▲ Independent decision
- ▲ Call your doctor immediately. If they are unhelpful, go to Urgent Care, a sexual health clinic like Planned Parenthood, or the ER.



*The lower number is typical use, the higher number is correct use every time.

Take a picture! Someday you or someone you know may need this information. 📷
 It often takes 10 years to show symptoms of HIV. All sexually active people should get an HIV test at least once a year. Getting tested doesn't have to be a big deal – use a home test, or make it part of your annual physical or OBGYN visit.

Need more information? Call or

