# How effective is your birth control?





HOW TO USE IT:

- Placed by health provider
- · Lasts up to 3 years

## **IUD**



HOW TO USE IT:

- · Placed by health provider
- · Copper IUD lasts up to 10 years
- Progestin IUD lasts 3-5 years

## **INJECTABLE**



**HOW TO USE IT:** 

- Given by health provider
- Repeat injections every 3 months

#### RING



HOW TO USE IT:

- Keep in place
- Change on time

#### **PILL**



HOW TO USE IT:

• Take at same time each

### **MALE CONDOM**



HOW TO USE IT:

• Use correctly every time



Chances of getting pregnant: Less than 1 out of 100 women\*



Chances of getting pregnant: Less than 1 out of 100 women\*



Chances of getting pregnant: 6 out of 100 women\*



Chances of getting pregnant: 9 out of 100 women\*



Chances of getting pregnant: 9 out of 100 women\*



18 out of 100 women'

#### **MOST EFFECTIVE**

LEAST EFFECTIVE



Condoms should always be used along with the preferred birth control to protect against sexually transmitted diseases.