“Get it and Forget It” methods
...you don’t have to remember a thing.
These methods work best.

Birth control implant
The implant, called Nexplanon®, is a thin, plastic rod about the size of a matchstick. A health care provider puts the rod under the skin of your upper arm. It works for three (3) years.

IUD and IUS
An IUD (intrauterine device) is a small piece of plastic with a short string. It is put into your uterus to prevent pregnancy for up to 10 years. An IUS (intrauterine system) is made of soft plastic and has hormones. Mirena® works for five (5) years. Skyla® and Liletta® work for three (3) years.

Sterilization
Sterilization is permanent birth control. It is surgery for women and men who do not want children.

Emergency Contraception (EC)
EC works best if taken as soon as possible after sex. EC may work up to five (5) days after sex. The sooner you take the pill, the better it works. Use EC if you didn’t use birth control. This can happen from rape, a broken condom or when sex “just happens.” One type of EC is Plan B One-Step®.

Call or visit a health clinic for:
- Free or low-cost birth control for women, men and teens
- Health exams
- Pregnancy testing

To find a clinic near you:
Visit www.ccare.oregon.gov or call 2-1-1.

You can decide IF and WHEN to have a baby.
If you don’t want to get pregnant:

- Use a birth control method the right way every time you have sex.
- Try one of the other methods if you don’t like the birth control you are using.
- Take your partner with you to visit a health clinic and learn about birth control.

Most birth control methods do not protect against STDs/HIV. Use condoms with your birth control method in order to protect against STDs/HIV. Many STDs have no symptoms. Get tested.

Birth control you can use without going to a clinic

**Abstinence**
Abstinence, as birth control, means not having intercourse. There are many other ways to be close to your partner with no risk of getting pregnant. Remember, it’s OK to say “not now” to sex.

**Condoms**
Placed on your erect penis, the condom keeps semen from getting into her vagina. It protects against STDs and HIV.

**Female Condoms**
Female condoms are soft plastic pouches with a ring at each end. The ring in the closed end is placed in your vagina. The other ring at the open end stays outside your body. Female condoms protect against HIV and other STDs.

**Withdrawal**
A man pulls his penis out and away from your vagina BEFORE he ejaculates (cums). This method depends on pulling out at the right time.

**Spermicides**
Buy spermicides in a drug store. They kill sperm and come in foams, jellies, creams or film. Put them in the vagina before sex. They work best if used with a condom.

**Natural family planning**
Couples use this method to plan or prevent pregnancy. You record body signs and/or use a calendar to know when you can get pregnant. You don’t have vaginal sex or you use birth control during this time to prevent pregnancy.

Visit a health clinic for these methods

**Depo-Provera**
A doctor or nurse gives you a hormone shot. The shot works for three (3) months.

**Birth control patch**
The patch is a thin, stick-on square with hormones. Put it on your body to prevent the release of an egg. A new patch is used once a week for three (3) weeks and the 4th week is patch-free.

**Birth control pills**
Birth control pills have hormones and must be taken every day.