



Contraception

Utilizing contraception every time you engage in any form of sexual activity can protect you from unplanned pregnancy and sexually transmitted infections. Always practice SAFER sex!

Condom Sense

Condoms block sperm from entering the body. The most common form is latex but other materials are available.



- Male effectiveness rate: 98%
- Female effectiveness rate: 95%

** You can get FREE condoms at Health Service **



What's 100% effective? ABSTINENCE!

Abstinence is abstaining from sexual activity. This can mean different things to different people. Some may abstain from penetration, while others may abstain from all forms of sex. **Abstinence is 100 percent effective in preventing pregnancy and STI's as long as it is used consistently and correctly!**

Hormonal Methods

- ◆ **Implant** - thin rod inserted under the skin of a woman's arm. Lasts for over 3 years and has a 99.95% effectiveness rate.
- ◆ **The "shot"**- an injection given every three months. Has a 94% effectiveness rate. Can be administered at Health Services.
- ◆ **The "pill"**- prescribed by a doctor and taken at the same time each day. Has a 91% effectiveness rate. You can receive the pill from Health Services.
- ◆ **The "patch"**- a skin patch worn once a week for three weeks. Has a 91% effectiveness rate.
- ◆ **Vaginal ring**- a ring that is placed in the vagina for three weeks at a time. Has a 91% effectiveness rate.

Health Services can administer the shot or provide you with birth control pills. They can also write prescriptions for other forms of contraception. Contact Health Services for more info.

Emergency Contraception

Emergency contraception is NOT a regular method of birth control. It can be used if your regular birth control method failed, or if no form of birth control was used.

- ◆ The "Plan B" pill can be taken up to 5 days after unprotected sex, but is more effective if it is taken sooner. You can purchase "Plan B" discreetly at Health Services!
- ◆ Another option is an IUD - a small device in the form of a "T" that is inserted into the uterus. It can last from 3-10 years and has a 99.8% effectiveness rate.
- ◆ As emergency contraception, the Copper T IUD must be inserted within 5 days of unprotected sex.

Source: www.cdc.gov/reproductivehealth/

Know Your Resources

IUP Health AWAREness..... 724-357-4799

** Call to request an individual contraceptive consultation **

IUP Health Services..... 724-357-2550

ADAGIO Health..... 724-349-2022

Health AWAREness is a part of the Center for Health and Well-Being
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