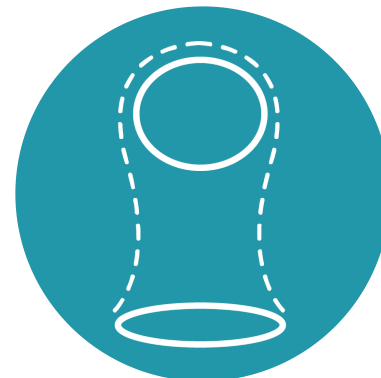


# BIRTH CONTROL & BARRIERS: THE PERFECT MATCH!

There are many birth control methods (sometimes called contraceptives), but **only two** can **prevent STIs**:



Male condoms  
(external condoms)



FC2 Female condoms  
(internal condoms)

## COMMON BIRTH CONTROL METHODS<sup>1,2</sup>

Interested in using any of these other options?

**Pair them with condoms to help prevent STIs.**

By themselves, they **do not** protect against STIs.

The Pill	92% effective with typical use	Taken the same time every day
The Patch	92% effective with typical use	Replaced weekly but stays on well
The Ring	92% effective with typical use	Inserted for three weeks then replaced
The Shot	96% effective with typical use	Single shot given every three months
Implant	> 99% effective with typical use	Inserted under the skin and lasts up to 3 years
IUD	> 99% effective with typical use	Inserted into the uterus and lasts 3 to 10 years

You can also use dental dams with birth control to protect against STIs that are orally transmitted.

## LEARN MORE ABOUT BIRTH CONTROL

It's best to talk to a healthcare provider for more information.

Knox County Health  
Department\*†  
140 Dameron Rd  
Knoxville, TN  
865-215-5000

Planned Parenthood\*†  
865-694-7154  
Health Educator  
nmonarrez@pptnm.org

Student Health Center  
Women's Health Clinic\*  
865-974-3648

<sup>1</sup>American Sexual Health Association:  
[www.ashasexualhealth.org/pdfs/ContraceptiveOptions.pdf](http://www.ashasexualhealth.org/pdfs/ContraceptiveOptions.pdf)

<sup>2</sup>[bedsider.org/birth-control](http://bedsider.org/birth-control)

\*Fees associated with some services

†Fees may be based on a sliding scale