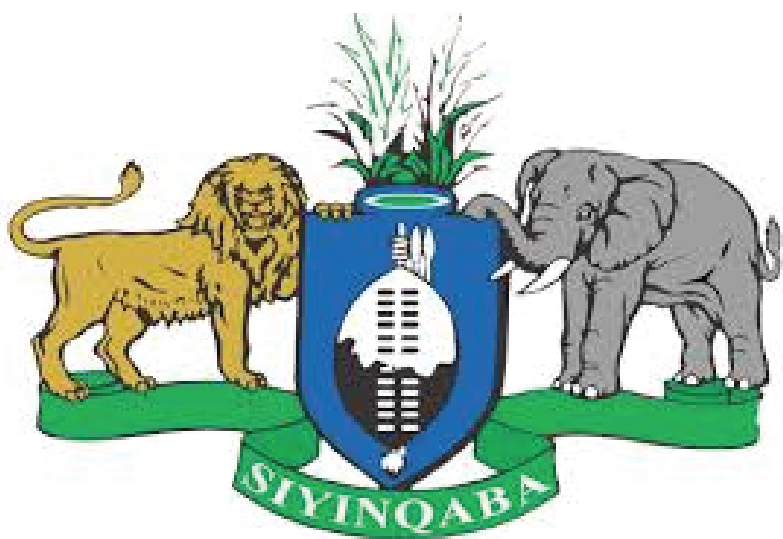


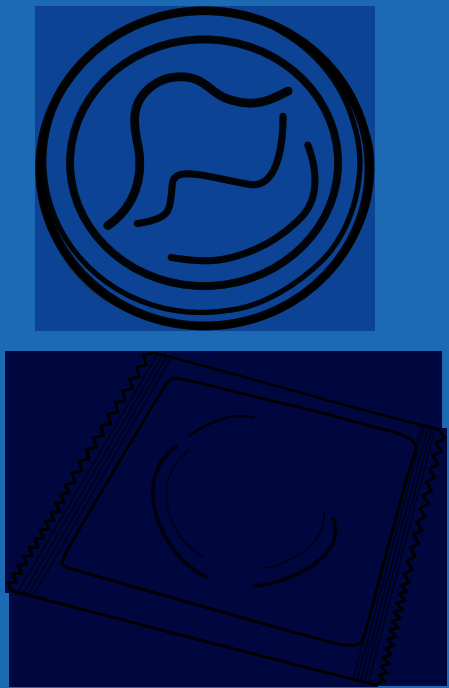
DOUBLE UP –Two methods are better than one.



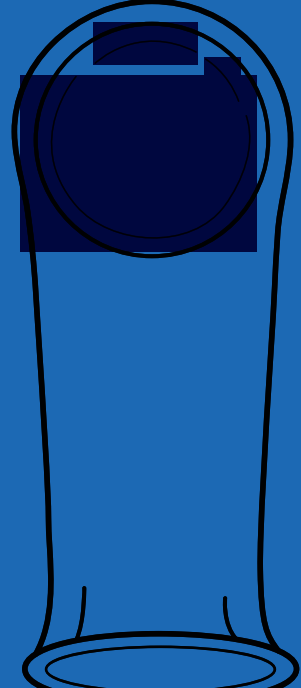
Ministry of Health

METHODS THAT PREVENT HIV, STIs AND PREGNANCY

MALE CONDOM



FEMALE CONDOM



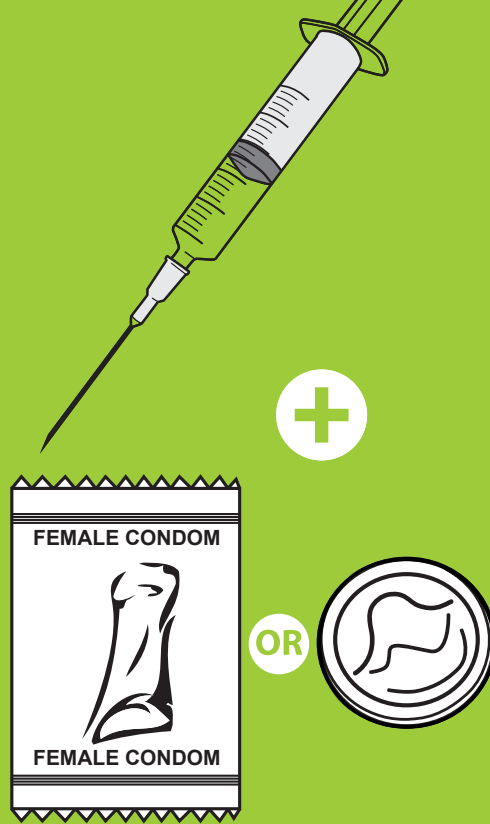
INTRAUTERINE DEVICE (IUD)



IMPLANT



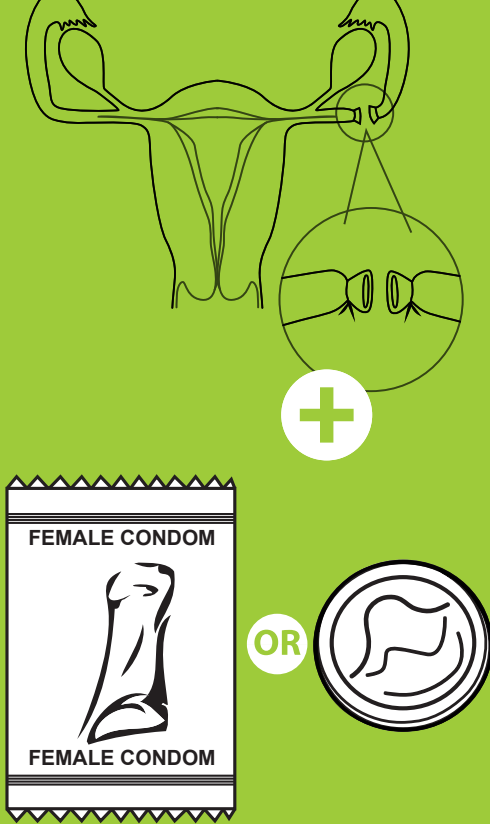
INJECTABLES



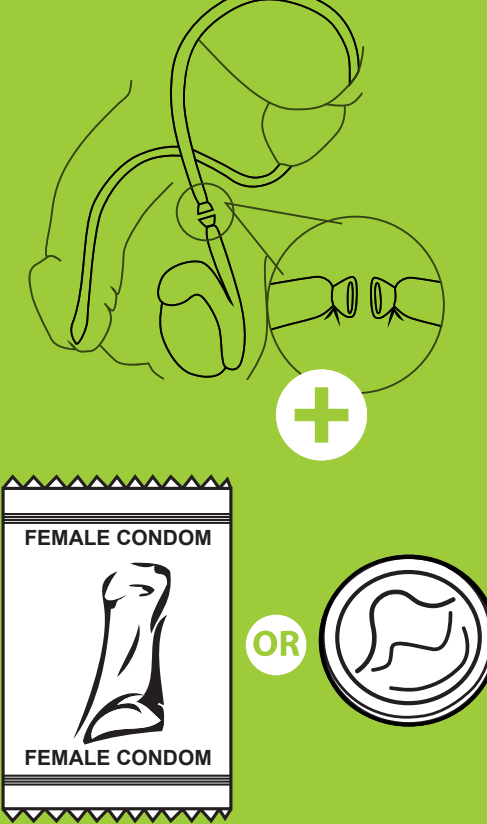
CONTRACEPTIVE PILL



VOLUNTARY STERILISATION FOR WOMEN

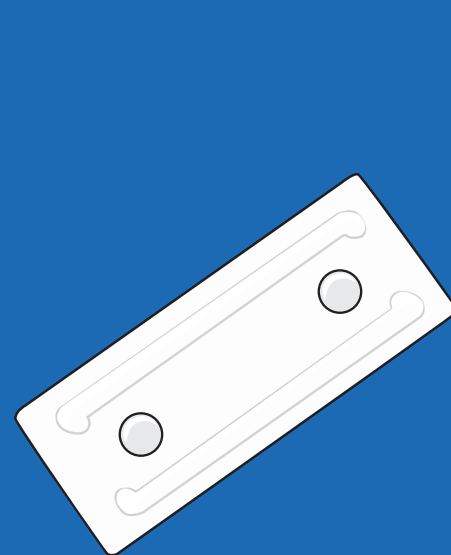


VOLUNTARY STERILISATION FOR MEN



METHODS TO BE USED IN CASE OF EMERGENCY

EMERGENCY CONTRACEPTION



POST-EXPOSURE PROPHYLAXIS (PEP)



What is it?

The male condom is a covering made of latex that fits over the erect penis.

The female condom is put into the vagina before having sex.

The IUD is a small, thin T-shaped plastic device that is either wrapped in copper or contains hormones that are released in the body. It is inserted into the vagina and placed in the womb (uterus). It is also known as 'the loop.'

Hormonal implants are small, thin, flexible plastic rods, about the size of a matchstick, inserted under the skin by a health care provider, and can be removed at a later stage.

Injectables are an injection of hormones given to you by a healthcare provider. You need to go for the injection every one, two or three months depending on the type used.

The pill comes in a 28-day pack. The pills contain hormones that regulate your system to prevent pregnancy. Different types of the pill are available at your local clinic.

Voluntary sterilisation for women is the cutting and tying of both of the fallopian tubes to prevent any future pregnancy. It is a quick and painless procedure done at a hospital.

Voluntary male sterilisation is the cutting and tying of the sperm tubes. It is quick and mostly painless procedure done at a hospital. Also known as a "vasectomy."

Emergency contraception (sometimes called the "morning after pill") is used to prevent an unplanned pregnancy after unprotected sex.

PEP is a 28-day course of antiretroviral (ARV) drugs, which helps prevent HIV from developing.

How does it work?

It prevents sperm and infections from passing to or from the penis. Use water-based lubricant to prevent breakage and slippage. It protects both partners from passing on HIV and STIs.

It prevents sperm and infections from passing to or from the vagina. It protects both partners from passing on HIV and STIs. It must be taken out immediately after sex.

It prevents sperm and the egg from meeting, and prevents pregnancy. It must be inserted and removed by a healthcare provider.

The hormones in the implant prevent the release of the egg from the ovary and prevent pregnancy.

It contains hormones that prevent the release of an egg from the ovary. It thickens the lining of the cervix (the opening to the womb), making it difficult for sperm to pass into the womb and meet the egg.

The pill prevents the release of the egg from the ovary and prevents pregnancy.

The procedure means that eggs are not released into the womb and pregnancy is prevented.

The sperm tubes which carry sperm from each testicle are cut and tied, so that sperm does not get into the man's semen.

It prevents an egg from being released, so that it cannot get fertilised. It must be taken as soon as possible after having unprotected sex, within 72 hours (three days) to prevent pregnancy. The sooner you take it, the more effective it will be.

PEP must be taken within 72 hours (three days) after unprotected sex or rape. The drugs help the body's immune system to stop the virus from multiplying.

What are the advantages?

Condoms protect women from getting pregnant and both partners from HIV and STIs. They are free at clinics and hospitals or can be bought at garages, shops and pharmacies.

A female condom can be put in before sex. Condoms protect women from getting pregnant and both partners from passing on HIV and STIs. They are free from clinics and hospitals or can be bought from pharmacies.

This highly effective long-lasting method can prevent pregnancy for seven to ten years, depending on the type. It does not affect the enjoyment of sex.

This highly effective long-lasting method works for up to three to five years, depending on the type of implant. It does not affect the enjoyment of sex.

It is long-lasting and only needs to be repeated every one to three months, depending on the type of injection. It does not affect the enjoyment of sex.

It can help to make your menstrual period more regular. It does not affect the enjoyment of sex.

It is permanent and no other contraceptive method is needed to prevent pregnancy. It has no side effects, causes no lasting pain and will not cause any change to menstrual periods. It does not affect enjoyment of sex.

It is permanent and no other contraceptive method is needed to prevent pregnancy. It has no side effects, causes no lasting pain. A man can still have erections, reach orgasm and ejaculate normally. It does not affect the enjoyment of sex.

It should be used if a condom breaks during sex. It should not be used as a regular contraceptive. It can also be used if you are raped or forced to have sex to prevent getting pregnant.

In an emergency situation, if a person has been raped or exposed to HIV in another way, PEP can prevent a person from contracting HIV.

What are the disadvantages?

Some people have an allergic reaction to the latex which causes itching, burning, or swelling. If you have any problems you should talk to your healthcare provider.

The outer ring may irritate the female. The male may be able to feel the inner ring of the condom.

Side effects may include cramping, spotting, and pain during and after insertion of an IUD. It can be pushed out (expelled) from the uterus into the vagina in the first few months of use.

Side effects may include weight gain, headaches, dizziness, nervousness, nausea, mood changes and changes to menstrual periods.

If you are late for an appointment or miss an appointment, you will not be protected against pregnancy. Side effects may include changes to the menstrual period, headaches, dizziness, weight gain or breast tenderness.

It is less effective if you forget to take a pill, are taking other medicine, or are vomiting or have diarrhea. Side effects may include changes to the menstrual period, headaches, dizziness, weight gain, mood changes or breast tenderness.

Getting sterilised voluntarily means you will not be able to get pregnant again.

It is difficult and expensive to reverse a vasectomy with no guarantee of success.

Side effects may include nausea, vomiting, headache, dizziness, cramping, breast tenderness or vaginal bleeding.

Side effects may include nausea and fatigue.

What else do I need to know?

A new condom must be used correctly for every round of sex. If a condom breaks or tears, you should use emergency contraception to prevent pregnancy and get tested for HIV and STIs. At the clinic or hospital, you can also ask for and take Post-Exposure Prophylaxis (PEP) drugs to help prevent getting HIV.

A new female condom must be used correctly for every round of sex. If a condom breaks or tears, you should use emergency contraception to prevent pregnancy and get tested for HIV and STIs. At the clinic or hospital, you can also ask for and take Post-Exposure Prophylaxis (PEP) drugs to help prevent getting HIV.

Must be used with a condom every time you have sex to prevent HIV and STIs.

Must be used with a condom every time you have sex to prevent HIV and STIs. For women taking certain ARVs, implants may not be as effective. It is important to always use a condom and speak to your health care provider.

Must be used with a condom every time you have sex to prevent HIV and STIs. You should return to the clinic even if you miss an appointment.

Must be used with a condom every time you have sex to prevent HIV and STIs. For women taking certain ARVs, oral contraceptive pills may not be as effective. It is important to always use a condom and speak to your healthcare provider.

Sterilisation is safe and legal for women over the age of 18. It's also safe for women who have had children, as well as for those who have not. If you choose to be sterilised, you should still use a condom to prevent HIV and STIs.

Condoms still need to be used for three months after the operation to prevent pregnancy. You should revisit the facility for a sperm count to confirm total sterilisation. If you choose to be sterilised, you should still use a condom every time you have sex to prevent HIV and STIs.

You should have an HIV test at the same time to know your HIV status. If you are HIV-negative, you should start PEP to prevent HIV. You should have a follow-up test after six weeks.

It is available from health facilities. You **DO NOT** have to report the rape to the police to receive PEP. In order to receive PEP, you must first take an HIV test.