



Ministry of Health



DOUBLE UP –
Two Methods
are better than one

**Wherever you are, no matter the
information that you need, call 2404
1465/3368 for any health questions
you may have.**

*Adapted from Johns Hopkins Health and Education
South Africa Zazi Campaign*



PEPFAR
U.S. President's Emergency Plan for AIDS Relief



USAID
FROM THE AMERICAN PEOPLE



**HEALTH
COMMUNICATION
CAPACITY
COLLABORATIVE**

UNLOCKING YOUR SEXUAL HEALTH

We all have dreams and aspirations for our future. To fulfill these dreams, we have a responsibility to make choices that will help us achieve our goals in life. Our sexual health is an important part of our lives. Having a healthy sex life means using our knowledge to give us the strength to prevent pregnancy, HIV and STIs.

PREVENTING PREGNANCY

If you are sexually active, you and your partner need to speak about whether you are ready or not to have children. Having a child is an emotional commitment and you will need to have money to buy things like:



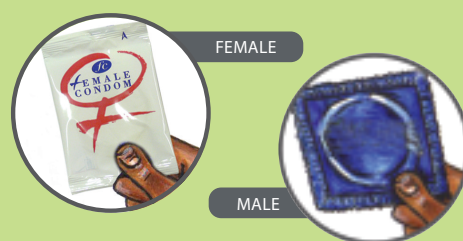
If you and your partner are not ready to have a child, you should choose a contraceptive method that works best for both of you to prevent pregnancy.

DOUBLE UP AT YOUR CLOSEST CLINIC

This brochure gives you information about how to **DOUBLE UP** – two methods are better than one – to prevent pregnancy, HIV and STIs. Contraceptives help to prevent pregnancy, but doubling up with a condom helps to prevent pregnancy, HIV and STIs. You and your partner have the power to decide why to **DOUBLE UP** and to choose a contraceptive that works best for you. It explains what you can do in case of an emergency, such as rape or the condom breaking, to prevent pregnancy, HIV and STIs.

These methods and condoms are available free of charge at your nearest government clinic.

PREVENTING PREGNANCY HIV AND STIs



In addition to planning your pregnancy, you and your partner should also think about preventing HIV and other STIs. Male and female condoms are the only methods that prevent pregnancy, HIV and STIs. Knowing your HIV status, being screened for STIs and speaking openly with your partner about your relationship can help you make an informed decision about how to best prevent pregnancy, HIV and STIs.

KNOW YOUR FERTILE DAYS

A woman's reproductive system is designed so that once a month, an egg leaves one of the ovaries and travels down the fallopian tubes towards the womb (uterus). If the egg is not fertilised by the male sperm at this stage (ovulation phase), the womb sheds its tissue lining, and the blood and unfertilised egg leaves the uterus, passing through the vagina. This blood is known as the menstrual period.

The menstrual cycle starts on the first day of a period – to the start of the next period. The complete cycle may last between 24–28 days (or longer in some women).

The Menstrual cycle



Day 1 – 6: the womb lining and unfertilised egg is shed and the woman has a period.



Day 7 – 12: During this time, a new egg becomes fertile and is ready to be released into the womb.



Day 13 – 16: This is the Ovulation phase, where the egg is released from the ovaries into the womb. The egg is now ready to be fertilised by a sperm (if no contraceptive method is used, this is the time a woman is most likely to become pregnant).



Day 17 – 28: The egg will die off during this period if it is not fertilised. The lining of the womb thickens and is then shed in the next period (days 1–6).

KNOW YOUR SEXUAL RIGHTS

YOU HAVE THE RIGHT

To receive services from health care providers that demonstrates courtesy, human dignity, patience, empathy and tolerance.

YOU HAVE THE RIGHT

To demand maintenance for your child from the father of your child. Caring for the child is as much his responsibility as it is yours.

YOU HAVE THE RIGHT

To receive confidential counselling for contraceptives and HIV counselling and testing without discrimination, coercion or violence. You should provide your health care provider with relevant and accurate information so that they can give you the best counselling and information about different contraceptive methods to help you make a informed choice.

YOU HAVE THE RIGHT

To receive emergency contraception to prevent getting pregnant and to start ARVs to prevent HIV if you have been forced to have sex against your will, if you have forgotten to use condoms or if the condom has burst. Your sexual and reproductive health, pregnancy or HIV status is confidential and may not be disclosed without your permission, except if required in terms of any law or any order of court.

YOU HAVE THE RIGHT

To receive information about all contraceptive methods available to you in a language that you understand and to choose a method that works best for you to prevent getting pregnant.

YOU HAVE THE RIGHT

To lodge a complaint if a health care provider or community health care provider has not respected your rights or tells others about you accessing contraceptives or reveals your HIV status. You also have the right for your complaint to be investigated to receive a full response. Complaints can be filed at Customer Care Services at health facilities.

IF YOUR RIGHTS ARE NOT RESPECTED, CONTACT:

Customer Care Office or Nurse in Charge. If this fails, please contact the Regional Matron.

If you are unable to reach the above-mentioned people, please contact the Department of Health, Directorate of Quality Assurance.

IN CASE OF AN EMERGENCY...

Should the condom burst or you forget to use contraceptives, the morning after pill (emergency contraception) can help to prevent pregnancy, but not HIV or STIs.

Taking a combination of ARVs (this is called post-exposure prophylaxis or PEP), antibiotics and the morning after pill within 72 hours can reduce the risk of pregnancy, HIV and STIs.

If you are raped, you should go to your clinic immediately and request these services to help prevent you from getting pregnant, STIs and HIV. Rape is a crime and you are encouraged to report it to your nearest police station, but, even if you decide not to report the rape, you can still get PEP and the morning after pill from your local clinic for free.

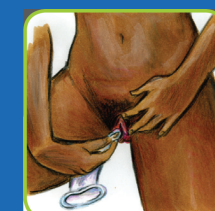
HOW TO USE A FEMALE CONDOM



Check expiry date. Open package carefully, make sure not to damage the condom. Do not use teeth or nails for this.



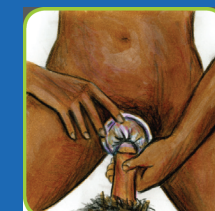
Hold the ring and squeeze into the shape the number eight.



Insert as far into the vagina as it will go.



Do not twist condom.



During sex guide penis into the condom.



To remove, squeeze and twist outer ring, and pull out.



Wrap the condom in toilet paper and throw away in the rubbish bin. Do not flush it down the toilet.

Its MY Responsibility to:

- **Protect myself** against unwanted/unplanned pregnancies, STIs and HIV.
- **Know my HIV status.**
- **Find out more** about contraceptive choices that suit my needs and lifestyle.
- **Use contraceptives** as advised on the packaging and by my health care provider.
- **Go to a health care provider** when I am worried about my health, or when I need advice and information.
- Go to the health care provider **when I experience side effects** and find out more about them, rather than just stop using the method.
- **Keep to my appointments** and if I miss my appointment, make another appointment.
- **Take emergency contraception/PEP** if I have been raped or sexually assaulted.
- **Take emergency contraception/PEP** if I have had unplanned/unprotected sex and I do not want to get pregnant.
- **Take all medication** as prescribed.
- **Check the expiry date** on medicines and condoms.
- **Be honest** with the health care provider when asked a question.

Its OUR Responsibility to:

- **Protect each other** against unwanted pregnancy, STIs and HIV.
- **Know each others HIV status** – both my own and my partners'.
- **Respect each other's choices** – for example: to use a condom or not to have sex.
- **Plan for a healthy pregnancy** and minimise HIV transmission – for ourselves and our baby.

DOUBLE UP – TWO METHODS ARE BETTER THAN ONE



A condom + a contraceptive = the best way to prevent pregnancy and HIV and STIs. A contraceptive only helps to prevent pregnancy. So **DOUBLE UP** and protect yourself against pregnancy, HIV and STIs.

HOW TO USE A MALE CONDOM



Check the expiry date and make sure the package is sealed with no air escaping from it.



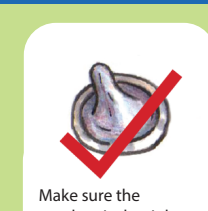
The penis must be erect before you roll on the condom.



Open the package, make sure not to damage the condom. Do not use teeth or nails for this.



For an uncircumcised penis, make sure the foreskin is pulled back.



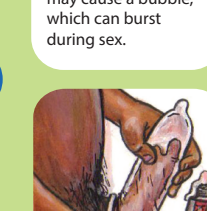
Make sure the condom is the right way out in order to "unroll".



Pinch the air out of the condom's tip, as this may cause a bubble, which can burst during sex.



Unroll the condom as far as it will go to cover the shaft of the penis.



Use only water-based lubricants, such as KY jelly. Non-water-based lubes may cause condom breakage.



Wrap the condom in toilet paper and throw it away in the rubbish bin. Do not flush it down the toilet.



Ministry of Health

METHODS THAT PREVENT HIV, STIs AND PREGNANCY

DUAL PROTECTION

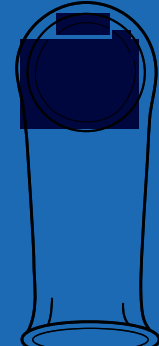
Contraceptives prevent pregnancy.
Condoms prevent pregnancy, HIV and STIs.

METHODS TO BE USED IN CASE OF EMERGENCY

MALE CONDOM



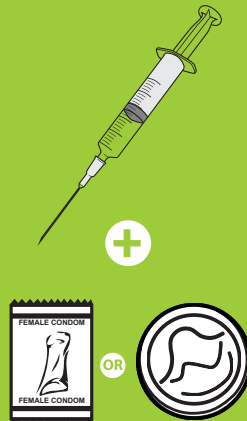
FEMALE CONDOM



INTRAUTERINE DEVICE (IUD)



INJECTABLES



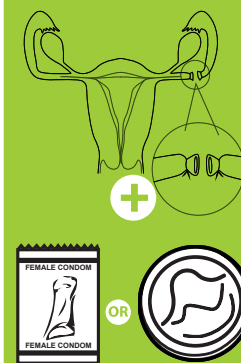
IMPLANT



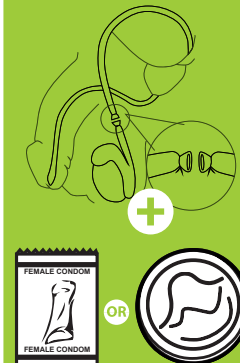
CONTRACEPTIVE PILL



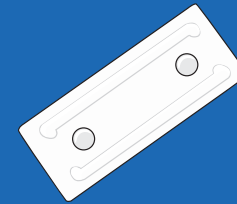
VOLUNTARY STERILISATION FOR WOMEN



VOLUNTARY STERILISATION FOR MEN



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'.

The injectable contains hormones given to you at regular intervals by a healthcare provider. You need to go for the injection every one, two or three months depending on the type used.

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.

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.

Female sterilisation is an effective permanent form of contraception. It involves the cutting and tying of the fallopian tubes to prevent any future pregnancy.

Male sterilisation is the cutting and tying of the sperm tubes. It is quick and mostly painlessly 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 or condom breakage.

PEP is a 28-day course of antiretroviral drugs, which helps prevent HIV from developing in the body.

How does it work?

It prevents sperm and infections from passing to or from the penis. Use a water-based lubricant with a condom to increase the enjoyment of sex, but do not use any oil-based lubricant. Lubricants prevent a condom from breaking or slipping. A new condom must be used for every round of sex. If a condom breaks or tears, you should use emergency contraception and get tested for STIs and HIV.

It prevents sperm and infections from passing to or from the vagina. A new female condom must be used with each round of sex. If a condom breaks or tears, you should use emergency contraception to prevent pregnancy and get tested for 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. It does not protect against HIV and STIs. You must use a condom every time you have sex to prevent HIV and STIs.

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. You must also use a condom every time you have sex to prevent HIV and STIs. You should return to the clinic even if you miss an appointment, so that you can be given alternative contraception to prevent pregnancy.

The hormones in the implant prevent the release of the egg from the ovary and prevent pregnancy. You must also use a condom every time you have sex to prevent HIV and STIs.

The pill prevents the release of the egg from the ovary and prevents pregnancy. You must use a condom every time you have sex to prevent HIV and STIs.

The procedure means that eggs are not released into the womb and pregnancy is prevented. It is safe and legal for women over the age of 18 to be sterilised. Sterilisation is safe for women who have had children, as well as for those who have not had children. You must also use a condom every time you have sex to prevent HIV and STIs. It's a quick and painless procedure done at a hospital.

The sperm tubes which carry sperm from each testicle are cut and tied, so that sperm does not get into the man's semen. Condoms still need to be used for three months after the operation, or for the next 15-20 times that the man has sex to prevent pregnancy. You must also use a condom every time you have sex to prevent HIV and STIs.

It prevents an egg from being released, so that it cannot get fertilised. It must be taken as soon as possible after having sex, within 72 hours (three days) to prevent pregnancy. The sooner you take it, the more effective it will be. You should have an HIV test at the same time to know your HIV status. If you are negative, you should start PEP to prevent HIV. You should have a follow-up test after six weeks.

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. It is available from clinics and hospitals. You DO NOT have to report the rape to the police to receive PEP.

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 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 cause weight gain. It does not affect the enjoyment of sex.

It is a highly effective method. It only needs to be repeated every one to three months, depending on the type of injection. It can be used by breastfeeding mothers. 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.

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

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

It is highly effective and permanent and no other contraceptive method will be needed to prevent pregnancy. It has no side effects and causes no lasting pain. A man can still have erections, reach orgasm and ejaculate normally.

The ECP 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. In this situation, you can also be given PEP to prevent HIV and antibiotics to prevent STIs.

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. You will also be given emergency contraception to prevent pregnancy and antibiotics to prevent STIs.

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.

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, spotting, mood changes, dizziness, weight gain or breast tenderness.

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

It is less effective if you forget to take a pill, are taking some other medicine, or are vomiting or have diarrhea. Side effects may include irregular menstrual periods, nausea, weight change, headaches, dizziness, mood changes and breast tenderness.

Female voluntary sterilisation is permanent and can not be reversed. This means you will not be able to get pregnant again.

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

Side effects may include nausea and fatigue.