

future. This is not true. In the United States, birth control is widely used and very safe. You can stop using birth control when you are ready to have children. If you have any questions or concerns about birth control, ask your doctor.

WHAT IF I NEED HELP WITH BIRTH CONTROL?

It is important to know the right way to use birth control. If it is not used in the right way, it will not work.

For more information please visit:

<http://www.4women.gov/>
www.cdc.gov/

National Family Planning & Reproductive
Health Association

<http://www.nfprha.org>
202-293-3114

Planned Parenthood
<http://www.plannedparenthood.org/>
1-800-230-7526



*Information for this brochure was adapted
from materials by:*

*The National Women's Health Information
Center*

*Centers for Disease Control and Prevention
Family Planning Database*

*This brochure was developed with funding from
the Department of Health and Human Services
Office of Refugee Resettlement.*

U.S. Committee for Refugees and Immigrants

2231 Crystal Drive, Suite 350
Arlington, VA 22202-3711
Phone: 703 • 310 • 1130
Fax: 703 • 769 • 4241
www.refugees.org



What is Family Planning



www.refugees.org

*Protecting Refugees, Serving Immigrants,
Upholding Freedom since 1911*

WHAT IS FAMILY PLANNING?

Couples can plan when they want to have children. This brochure provides information on planning when to become pregnant. It can help you find the type of birth control that is best for you.

WHAT IS FAMILY PLANNING?

In the United States, you can plan when you want to have children by using certain products called “birth control.” The use of birth control does not make you infertile, it just helps you decide when to get pregnant.

WHICH BIRTH CONTROL IS BEST FOR US?

It is important to talk to your doctor about the type of birth control that is right for your partner and you. Sometimes you cannot use certain types of birth control because of your age or because of health issues that you may have. No method of birth control is completely guaranteed to prevent pregnancy.

TYPES OF BIRTH CONTROL



Condoms

Condoms are placed over the penis before intercourse. Condoms are the only type of birth control that also protects against sexually transmitted diseases such as HIV/AIDS. There are two types of condoms, one for females and males.



Oral Contraceptives

This birth control is a pill for women to swallow through the mouth. It should be taken daily.



Depo-Vera Injections

This birth control is injected like a shot to the woman every 3 months.



Nuvaring

This birth control is in the shape of a ring and is inserted into the vagina. It is worn for three weeks and taken out while the woman is menstruating. After each menstrual cycle, a new ring is used.



Intrauterine Device (IUD)

This birth control is a T-shaped device placed inside the woman's womb by her doctor.



Diaphragm, Cervical Cap

This birth control is in the shape of a cup and placed inside the vagina before sexual intercourse.

Tubal Ligation

This birth control is a surgery done on women. It is a permanent method of birth control for women who decide never to have children or do not want to have more children.

WHERE CAN I GET BIRTH CONTROL?

You can get birth control from the doctor's office, pharmacy, clinic, or store. You might need to get a doctor's prescription for some types of birth control.

HOW MUCH DOES BIRTH CONTROL COST?

Some types of birth control are free. Other types of birth control have different prices. If you have medical insurance, it might cover the expenses. Talk to your doctor to find assistance.

WHAT IF I HAVE CONCERNS ABOUT USING BIRTH CONTROL?

Some couples are afraid to take birth control because they believe that birth control will prevent them from having children in the