METHODS THAT PREVENT HIV, STIs AND PREGNANCY

**CONDOMS**

- **Male Condom:**
  - The male condom is a siliconised latex or latex that has the exact penis.
  - The condom is put on before sex.
  - It prevents sperm and semen from passing into the vagina.
  - It prevents sexual infections, including STIs.

- **Female Condom:**
  - The female condom is a small, thin, flexible cone.
  - It is inserted into the vagina and excreted after sex.
  - It provides a barrier against STIs.

**COPPER INTRAUTERINE DEVICE (Cu IUD)**

- The Cu IUD is a small, thin, plastic device that is inserted into the uterus and remains for up to several years.
- Cost: available at clinics.

**LEVONORGESTREL INTRAUTERINE SYSTEM (LNG-IUS)**

- The LNG-IUS is a system that releases hormones into the uterus.
- Cost: available at clinics.

**IMPLANT**

- The implant is a small rod inserted under the skin of the arm.
- Cost: available at clinics.

**INJECTABLES**

- The injectable contraceptive is a shot that is given every three to four months.
- Cost: available at clinics.

**VOLUNTARY STERILISATION FOR WOMEN**

- The procedure involves the cutting and tying of the fallopian tubes.
- Cost: available at clinics.

**VOLUNTARY STERILISATION FOR MEN**

- The procedure involves the cutting and tying of the sperm tubes.
- Cost: available at clinics.

**POST-EXPOSURE PROPHYLAXIS (PEP)**

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

**EMERGENCY CONTRACEPTIVE PILL**

- The emergency contraceptive pill protects against pregnancy if used within 72 hours after sex.
- Cost: available at clinics.

**METHODS TO BE USED IN CASE OF EMERGENCY**

- The emergency Cu IUD can be inserted by a doctor or nurse into the womb up to five days after having unprotected sex.

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How does it work? It prevents pregnancy by preventing the sperm from reaching the egg.

What are the advantages? It protects against pregnancy and STIs.

What are the disadvantages? Side effects may include cramping, spotting, pain during sex, and an increased risk of HIV infection. If you have any problems you should talk to your healthcare provider.

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