

For more information:

- Call the Sexual and Reproductive Health free phone line: **900 850 100**
 - Drop in to Health Centres.
 - Call the Salud Responde Health line: **902 50 50 60**
(has a telephone translation system)
Email: saludresponde@juntadeandalucia.es
- In addition to information, on this health line you can make an appointment and find out where your closest attending health centre is.**
- "Forma Joven" spots in schools.
 - Sexual Information Line for Young People: **901 40 69 69**

Web sites:

- Andalusian Health Department:
<http://www.juntadeandalucia.es/salud/saludsexualyreproductiva>
- Andalusian Institute for Youth:
<http://www.juntadeandalucia.es/iaj/informacionsexual/>
- Forma Joven Web Site:
www.formajoven.org
- Spanish Ministry of Health and Social Policy:
www.yopongocondon.com

Don't forget to write down your Sexual and Reproductive Health appointment:



JUNTA DE ANDALUCÍA

CONSEJERÍA DE SALUD

Sexual and reproductive health

CONTRACEPTIVE METHODS

Sexual and reproductive rights











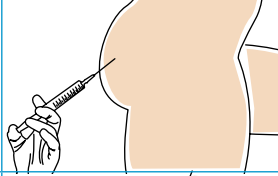


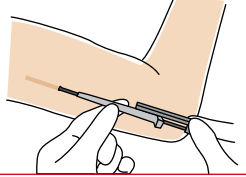


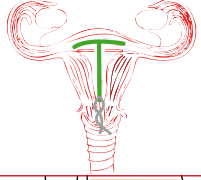


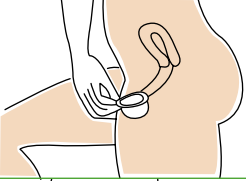


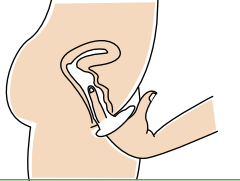


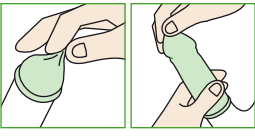

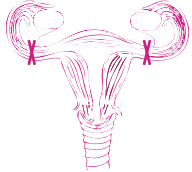
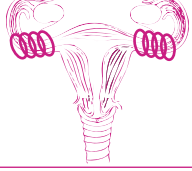

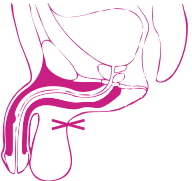
A woman's human rights include the right to have control, to be free and responsible to decide on her own sexuality and her sexual and reproductive health without pressure, discrimination or violence.

THE CONDOM IS THE ONLY CONTRACEPTIVE METHOD TO PREVENT SEXUALLY TRANSMITTED INFECTIONS (including HIV/Aids), as well as avoiding unwanted pregnancies.

Women of a fertile age can use any type of contraceptive method. Age alone is not medical reason to deny its use.

SAFE SEX IS THE RESPONSIBILITY OF BOTH WOMEN AND MEN. Men must also get involved in the issue of contraception and avoid taking risks.

EMERGENCY CONTRACEPTION IS A "BACK-UP" OPTION when the usual contraceptive method is not used or fails to work and there is a risk of pregnancy. It is provided free of charge at any Sistema Sanitario Público de Andalucía centre. It is available from chemists without a prescription.

	METHOD	HOW?	WHEN?	WHO?	IMPORTANT
HORMONAL	Pill 		Daily at same time		Take it daily for 21 or 28 days according to the type and composition of pill
	Vaginal ring 		Every 21 days		Inserted like a tampon and left for 21 days. After this it is removed, and another one can be inserted after a 7 day break.
	Patch 		Weekly		Apply the patch to an area of dry clean skin. Can be placed anywhere except breasts. Patch is changed weekly over 3 weeks, week 4 is a 'patch-free' week.
	Injection 		Every 3 months		An injection is given every 3 weeks, can be given up to 2 weeks early or late.
	Implant 		Every 3 to 5 years		Inserted under the skin of the arm. Effective for 3 to 5 years.
IUD (Coil) 		Every 5 to 10 years		There are 2 types – copper and hormonal. Effective for 5 to 10 years depending on type used and woman's age.	
BARRIER	Diaphragm 				There are different sizes. Used with spermicidal cream. Is washed, dried and kept. Can last for 2 to 3 years.
	Female condom 		Put in place before sexual contact		Has two rings, an inner one for placing it in the vagina, and an outer one which stays flat and covers labia during sex. Single use. Also protects against sexually transmitted infections.
	Male condom 				Put on erect penis. Single use. Also protects against sexually transmitted infections.
VOLUNTARY STERILISATION (IRREVERSIBLE)	Tubal ligation		Surgical procedure		General anaesthetic.
	Essure method		At doctor's surgery		No anaesthetic. Effective after 2 to 3 months. Closure of fallopian tubes through the vagina.
	Vasectomy		Surgical procedure		Local anaesthetic. Effective after 2 to 3 months.