

Below are some of the contraceptives you can use

## Short Acting Methods

### 1. Condoms

How to use a condom:



1. Before use, ensure the condom is not ripped or expired.
2. With the tip facing upward, unroll the condom onto the erect penis.
3. As you roll it down to the base, gently squeeze out any air trapped at the tip.
4. After the intercourse, hold the condom at the base while withdrawing the penis.
5. Securely tie a knot at the open end, then dispose it off responsibly in the trash.

**NOTE:** Condoms are the family planning method that protects against sexually transmitted Infections (STIs) such as HIV/AIDS.

### 2. Pills



Pills are hormone-containing tablets. To prevent pregnancy, a woman should take one tablet at the same time everyday. If she discontinues the pills, she may quickly become pregnant again.

**It is important to note** that emergency pills, such as Backup, can also be used in situations where a woman or girl has forgotten to take her regular pills, experienced condom failure, or engaged in unprotected sex. They are effective when taken within 72 hours of having unprotected intercourse

### 3. Injectables

An injection contains a hormone similar to the one found in the pill.

It is administered every three months into your arm or buttocks and it prevents pregnancy for up to three months, preventing pregnancy.

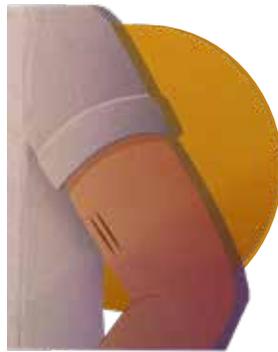


### Long Acting Methods

### 4. Implants

Implants are small plastic capsules containing hormones, similar to those in pills and injectables. They are discreetly placed under the skin of your upper arm, allowing the hormone to gradually enter your system.

This prevents the release of eggs and effectively protects against pregnancy for a period of three to five years. The implant can be removed whenever an individual feels ready to have a child.



### 5. The Coil (IUD)



The coil is a small plastic and copper device inserted into your womb to provide contraception. It functions by preventing sperms from fertilizing eggs and offers protection from pregnancy for up to twelve years. Should you wish to conceive, the coil can be removed, and pregnancy can occur immediately.

# Sexually Transmitted Infections/ Diseases

## How does one get STIs?

Sexually Transmitted Infections (STIs) are primarily contracted through unprotected sexual intercourse with an infected partner. They can be transmitted during vaginal, oral, and anal intercourse. While some STIs are curable, others such as HIV, HPV or Hepatitis B are not. Additionally, some STIs can be passed from mother to baby during childbirth or through breastfeeding. It's worth noting that certain STIs may not exhibit any signs or symptoms.

## Common STIs

Chlamydia, Gonorrhea, Syphilis, Herpes, HIV, Hepatitis B, HPV (a virus associated with cervical cancer and genital warts).

## Signs and symptoms of STIs

- Genital itching or burning during urination.
- Unusual genital odour.
- Genital sores, rashes, bumps, or blisters.
- Warts around the genital and anal areas.
- Abnormal vaginal bleeding unrelated to your regular periods.
- Pus discharge from genitals (which may be green or yellow).
- Deep pain during sexual intercourse.
- Swollen testicles (in males).

**Note:** Some STIs can be asymptomatic, showing no signs or symptoms.

## What do you do when you suspect you have an STI?

- Abstain from sex.
- Consistently and correctly use condoms during sex.
- Seek testing and treatment at a healthcare facility.
- Discuss the diagnosis and treatment with your partner.

- Adhere to prescribed medication from healthcare professionals.
- After treatment, return to the healthcare facility to ensure complete recovery.

## What happens if you do not treat an STI ?

- Untreated STIs can lead to serious health issues, including infertility and cervical cancer.
- They can be transmitted to the unborn babies.
- Untreated STIs increase the risk of contracting HIV, as some STIs create sores that makes it easier for HIV to enter the bloodstream.
- Neglected STIs may result in severe health complications, possibly leading to death.

## How do you prevent STIs ?

- Abstain from sex
- Properly and consistently use condoms, which offer protection against most STIs.
- Seek accurate information about STIs from trusted healthcare facilities and professionals.
- If you engage in unprotected sex, promptly visit healthcare centres for Post-Exposure Prophelaxis (PEP) medication to protect against HIV infection within 72 hours.

## Remember:

- Access to information about sexually transmitted infections and their treatment is your right.
- Having multiple sexual partners concurrently increases your risk of contracting STIs.
- While candida is listed as an STI, it can sometimes develop without sexual intercourse, such as due to poor hygiene or during pregnancy.
- For more information talk to a trusted health worker or visit a health center near you.



## Intervention Study on Unintended Pregnancy among Teenagers in Busoga

## Contraception Use For Delaying Pregnancy

Using Contraceptive can help you achieve your future dreams without being interrupted by unintended pregnancy. Below are some of the contraceptives you can use.

## 10 Things to know about birth control

1. All birth control methods can help prevent **unintended pregnancies**.
2. It is possible to become pregnant, even after having sexual intercourse for the very first time.
3. It's a good idea to **start thinking about birth control even before you've had sex**.
4. Birth control **does not cause infertility**.
5. You can stop using your birth control at ANY time you wish and still become pregnant.
6. There is **no link between modern birth control methods and cancer**.
7. The possible side effects of some birth control methods usually clear out as your body adjusts.
8. Every method is different, so you can **select the one that is right for you**.
9. It is entirely okay to try one birth control method and then switch to another if you want.
10. Always wear a condom to **protect against Sexually Transmitted Infections (STIs)** Including HIV.



THE REPUBLIC OF UGANDA  
MINISTRY OF HEALTH



For more information talk to a trained health worker or visit any health facility or call our HELP LINE number

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