

# Resources

WHERE TO GET IT / [health center locations](#)

Not sure what to do when you call a health center?

enter location

100 results for  
current map location

[Are we missing a health center? Let us know »](#)

write your review on [yelp](#)

**Hanford Community Medical Center**  
450 Greenfield Ave.  
Hanford, CA, 93230  
(559) 582-4361

write your review on [yelp](#)

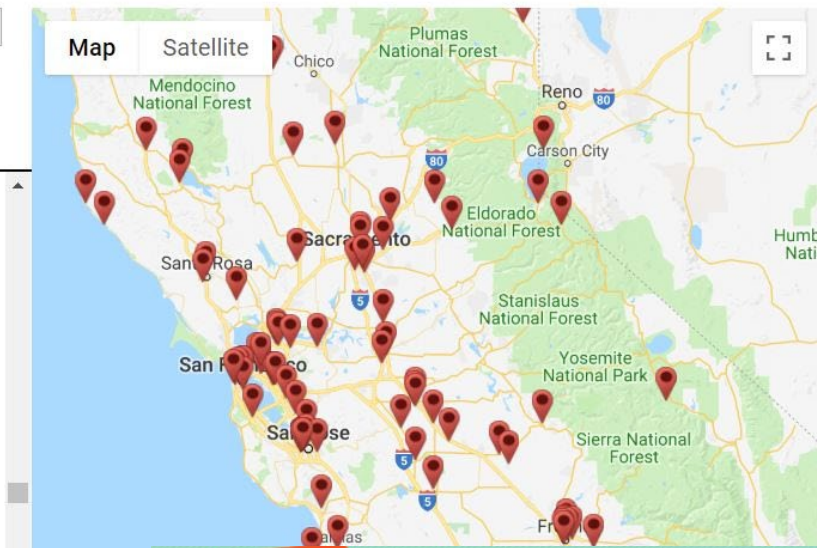
**Contra Costa Health Services -  
Mobile Clinic Site**  
Multiple Sites East Centr  
Martinez, CA, 94553  
(925) 313-6166

write your review on [yelp](#)

**Valley Health Center - Moorpark**  
2400 Moorpark Ave  
San Jose, CA, 95128  
(408) 885-7049

write your review on [yelp](#)

**Health and Life, Sacramento  
Community Clinic**



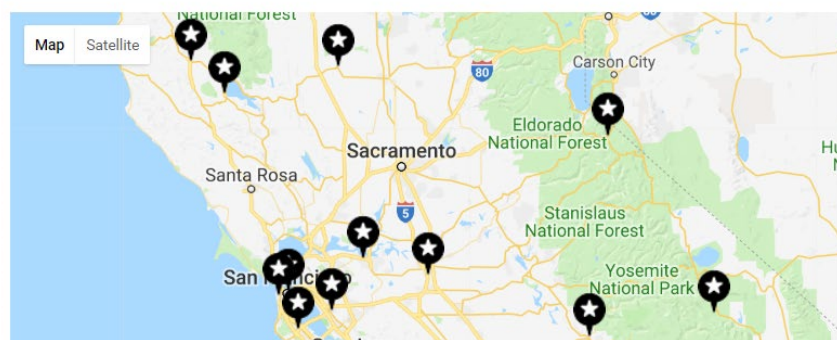
# Birth Control Clinic Finders

SEX + HEALTH + YOU

**teensource.org**

FIND A CLINIC BIRTH CONTROL STDS RELATIONSHIPS BLOGS KNOW YOUR RIGHTS

Home » Find a Clinic



**FIND A CLINIC**

SEARCH

MILES

# Find Free Condoms - Online

[teensource.org/condoms/free/pick-up-map](https://teensource.org/condoms/free/pick-up-map)

The screenshot displays the teensource.org website interface. At the top left, the logo reads "SEX + HEALTH + YOU" above "teensource.org". A red navigation bar contains the following menu items: "FIND A CLINIC", "BIRTH CONTROL", "STDs", "RELATIONSHIPS", "BLOGS", and "KNOW YOUR RIGHTS". Below the navigation bar is a search bar with "Home >" on the left. The main content area is split into two sections. On the left is a Google Map of the San Francisco Bay Area with several blue location pins. On the right is a yellow search panel titled "FIND FREE CONDOMS" with a text input field containing "94513", a distance input field with "20" and a "MILES" dropdown menu, and a black "SEARCH" button. Below the search panel is a text input field for "Your Email" and a red "SUBMIT" button. A paragraph of text below the email field reads: "Like getting free condoms? Help us keep CAP going! Enter your email address and we will send you a short, confidential survey about your experience using the CAP map."

# New Interaction Tool w/ Referrals

## Pregnancy Planning and Syphilis: What You Should Know

### Syphilis and Congenital Syphilis are on the Rise in California

- + Syphilis is caused by an infection spread by sexual contact.
- + Congenital syphilis occurs when syphilis is passed to infants during pregnancy. It can be life threatening.
- + Testing and treatment are the key to preventing syphilis and congenital syphilis.
- + Effective birth control and pregnancy planning services can also prevent congenital syphilis.

### Pregnancy Planning and Birth Control Options

Would you like to be pregnant this year? Are you trying to get pregnant now?



Our goal is to support you to have a healthy pregnancy, birth and baby.

- + Get syphilis testing (and treatment if needed) both for yourself and your sex partner(s)
- + See below for local clinics that provide syphilis testing and prenatal care

Our goal is to support you to avoid pregnancy if you don't want to be pregnant.

- + Get syphilis testing (and treatment if needed) both for yourself and your sex partner(s)
- + Learn more about effective birth control methods, how well they work and find one that is right for you (see information on back)
- + See below for local clinics that provide syphilis testing and birth control options

For syphilis treatment and birth control services in your county, please visit:



For a complete list of clinics near you that offer syphilis testing and treatment, visit [gettested.cdc.gov](http://gettested.cdc.gov).

For a complete list of clinics near you that offer birth control and pregnancy planning services, visit [www.essentialaccess.org/programs-and-services/clinic-map](http://www.essentialaccess.org/programs-and-services/clinic-map).



Congenital Syphilis  
in CA – the FACTS!

Pregnancy Intentions  
Script + Counseling  
Messages

Integrated Referrals  
(Syphilis Testing +  
Reproductive Health Care)



## Key

● Progestin hormone

● Progestin and estrogen hormones

● No hormones

🔄 How often to use/take/change

## Start and stop on your own

### Plan B® Emergency Contraception



Works best for BMI <26.

*May have spotting or period at new time.*

### Pulling Out



Requires partner control.

*No change to period.*

### Fertility Awareness



When fertile, use another contraceptive.

*No change to period.*

### Condoms External or Internal



Can prevent sexually transmitted infections.

*No change to period.*

### Spermicide or Vaginal Sponge



Spermicide comes in a cream, gel, foam, film, sponge, or suppository.

*No change to period.*

## Prescription to start, stop on your own

### Pills Progestin or Combined



Over 70 different formulations/types.

*May have lighter period or temporary spotting.*

### Patch



Works for BMI <30.

*May have lighter period or temporary spotting.*

### Vaginal Ring



Can be removed just before sex.

*May have lighter period or temporary spotting.*

### Ella® Emergency Contraception



Works best for BMI <35.

*May have spotting or period at new time.*

### Phexxi® Vaginal Gel



May act as lubricant to help with dryness.

*No change to period.*

### Diaphragm or Cervical Cap



Use with spermicide.

*No change to period.*

## Visit to start, stop on your own

### Shot



May cause weight gain and delayed return to fertility.

*May have spotting, heavier period, lighter period, or no period.*

## In-person visit to start and stop

### Arm Implant



Plastic rod placed just beneath the skin.

*May have spotting, lighter period, or no period.*

### Hormonal IUD



Can be emergency contraception.

*May have spotting, lighter period, or no period.*

### Copper IUD



Can be emergency contraception.

*May have spotting or heavier period.*

## Permanent

### Sterilization



Either partner can be sterilized.

*No change to period.*

## Scan for



- This guide
- Information sheets on each method
- A postpartum contraception guide

# HOW WELL DOES BIRTH CONTROL WORK?

What is your chance of getting pregnant?



Really, really well



The Implant

Works, hassle-free, for up to...

4 years



Hormonal IUDs

3-6 years



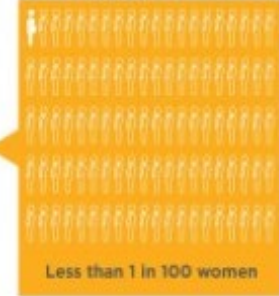
Non-hormonal IUD

12 years



Sterilization,  
for men and women

Forever



Pretty well



The Pill

For it to work best, use it...

Every. Single. Day.



The Patch

Every week



The Ring

Every month



The Shot

Every 3 months



Not as well



Withdrawal



Fertility Awareness

Use a condom with any other method for STI protection.

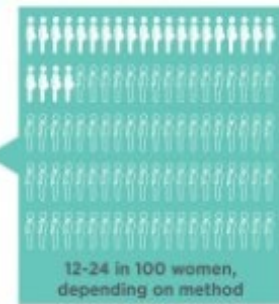


Internal Condom



Condom

For each of these methods to work, you or your partner have to use it every single time you have sex.



FYI, without birth control, over 90 in 100 young women get pregnant in a year.



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# OOPS! EMERGENCY CONTRACEPTION: BIRTH CONTROL THAT WORKS *AFTER* SEX

Types of Emergency Contraception	How well does it work?	How soon do I have to use it?	How do I use it?	Where can I get it?
 <p>ParaGard IUD</p>	<p>Almost <b>100%</b> effective</p> 	<p>Within <b>7</b> days</p> 	<p>It's placed in the uterus by a doctor</p>  <p>Keeps working as super effective birth control.</p>	<p>From a doctor or a clinic</p>  <p>Say it's for EC so you are scheduled quickly.</p>
 <p>ella</p>	  <p>Less effective if over 195 pounds. Try an IUD.</p>	<p><b>ASAP</b></p>  <p>Works better the sooner you take it, up to 5 days.</p>	<p>Take the pill as soon as you get it</p>  <p>Remember to use it every time you have unprotected sex.</p>	<p>From a doctor or a clinic</p>  <p>Get an extra pack for future emergencies.</p>
 <p>Plan B One-Step or a generic</p>	  <p>Less effective if over 165 pounds. Try ella or an IUD.</p>	<p><b>ASAP</b></p>  <p>Works better the sooner you take it, up to 3 days.</p>	<p>Take the pill(s) as soon as you get it</p>  <p>Remember to use it every time you have unprotected sex.</p>	<p>At a pharmacy, no prescription needed</p>  <p>Get an extra pack for future emergencies.</p>







"I want my daughter to get the facts and know she can always come to me."

Share This Page



Resources for You

[Talk With Your Kids Timeline + Tips](#)

[Parents, Providers + Educators Timeline Guide](#)

[Give Your Teen The Facts](#)

[Find a Clinic](#)

[Contact Us](#)

## It's Always the Right Time to Talk



Keep your children safe + healthy. . . talk with them about their health and relationships!

As a parent, you want to help your kids stay safe and healthy. All kids learn about topics related to their bodies, health and relationships. Make sure they learn it from you first. When they hear it from you in the context of your

There's More at [TeenSource.org](#)

Visit our [teen-friendly site](#) for youth-generated sexual + reproductive health information.



# Essential Access Health Learning Portal

Trainings include:

- Motivational Interviewing for Quality SRH Care
- Immigrant Reproductive Health Access + Rights in California
- Preventive Health Care for Transgender + Non-binary Patients
- Intro to Reproductive Health (Available in Spanish and English)



**Course Catalog**

Click here to see all courses!



**Resources**

Browse or download resources



**My Courses**

See your enrolled courses



**Transcript**

View Transcript



# Resources

**CA Department of Public Health website:** [std.ca.gov](http://std.ca.gov)

Data, and resources for health care providers, local health jurisdictions, and the public

**LA County Syphilis in Women Action Tool Kit:**

<http://publichealth.lacounty.gov/dhsp/SyphilisInWomen-ActionKit.htm>

Resources for providers and patients

**CA Prevention Training Center:** [californiaptc.com/](http://californiaptc.com/)

Trainings, capacity building and clinical consultation

**Centers for Disease Control & Prevention:** [cdc.gov/std](http://cdc.gov/std)

Fact sheets, treatment guidelines, and national data

**Essential Access Health:** [essentialaccesstraining.org](http://essentialaccesstraining.org)

Online + In-Person SRH trainings for providers