

Contraception information translated into community languages



Using contraception can help you prevent becoming pregnant. Different methods may suit you at different times in your life.

Contraception choices in Australia

An overview of the methods of contraception available in Australia is presented in this fact sheet.

- **Amharic** - [\(pdf\)](#)
- **Dari** - translations with pictures - [روش های ضد حاملگی در استرالیا \(pdf\)](#)
- **English** ([word](#))
- **English** - with pictures ([word](#))
- **Hakha Chin** - translations with pictures - [Australia ah naupawi kham ning pawl \(pdf\)](#)
- **Harari** - [Awisrâliya bâdbe Almawladle yitkhatarbozâlach ugâch\(pdf\)](#)
- **Karen** [ကညီကိုင် \(pdf\)](#)
- **Nuer (Thok Naath)** ([pdf](#))
- **Oromo** [ግግግግ\(pdf\)](#)
- **Somali (af Soomaali / آف صومالي)** ([pdf](#))
- **Tigrinya** ([pdf](#))

Long acting reversible contraception (LARC) methods

LARC methods provide temporary, safe, most cost-effective contraception which can last from 3 and up to 10 years depending on the type. They include the intrauterine device and the contraceptive implant.

- **Amharic** - [\(pdf\)](#)
- **English** ([word](#))
- **Harari** - [Gudor waqtile yitniwawaxizal almawladle yitnafabozal ugâch \(pdf\)](#)
- **Karen** [ကညီကိုင် \(pdf\)](#)
- **Nuer (Thok Naath)** ([pdf](#))
- **Oromo** [ግግግግ\(pdf\)](#)
- **Somali (af Soomaali / آف صومالي)** ([pdf](#))
- **Tigrinya** ([pdf](#))

Medium acting and short acting contraception methods

Medium acting methods last over a period of weeks or months and include the contraceptive injection and the vaginal ring. Short acting methods are taken every day and include the combined contraceptive pill and the mini pill.

- **Amharic** - [\(pdf\)](#)

- English ([word](#))
- Harari - mabeyna dilâgâchso wâ hacir waqtibe yitkhâtarbozal ugâch([pdf](#))
- Karen ကညီကျိန် ([pdf](#))
- Nuer (Thok Naath) ([pdf](#))
- Oromo ግግግግ([pdf](#))
- Somali (af Soomaali / آف صَومالي) ([pdf](#))
- Tigrinya ([pdf](#))

Barrier methods of contraception

They include the male and female condom and the diaphragm.

- Amharic - ([pdf](#))
- English ([word](#))
- Harari - Mawladuw yitkhatarbozal ugâch ([pdf](#))
- Karen ကညီကျိန် ([pdf](#))
- Nuer (Thok Naath) ([pdf](#))
- Oromo ግግግግ([pdf](#))
- Somali (af Soomaali / آف صَومالي) ([pdf](#))
- Tigrinya ([pdf](#))

Emergency contraception methods

These include a pill which is taken up to five days after unprotected sex to reduce the chance of becoming pregnant, or having an intrauterine device fitted within five days of unprotected sex.

- Amharic - ([pdf](#))
- English ([word](#))
- Harari - Dingatagnale waqtile Almawladle yitkhatarbozal ugâch ([pdf](#))
- Karen ကညီကျိန် ([pdf](#))
- Nuer (Thok Naath) ([pdf](#))
- Oromo ግግግግ([pdf](#))
- Somali (af Soomaali / آف صَومالي) ([pdf](#))
- Tigrinya ([pdf](#))

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