

Get the services you need to have a healthy baby, prevent or end a pregnancy, and prevent or treat sexually transmitted infections including HIV.

- Visit an NYC Sexual Health Clinic (nyc.gov/sexualhealthclinics).
- Get an appointment at NYC Health + Hospitals by calling 844-NYC-4NYC (844-692-4692).
- For urgent care, day or night, visit expresscare.nyc to have a video call with an NYC Health + Hospitals provider or call 631-EXP-CARE (631-397-2273).
- Find other providers and free condoms using the NYC Health Map at nyc.gov/health/map.



NYC Sexual Health Clinics and NYC Health + Hospitals facilities provide services to people without insurance and offer free interpretation in more than 200 languages.

Pregnancy and Birth Control

Care While Pregnant

- For help getting **free health insurance** that pays for delivery and medical care for you and your baby, call 347-665-0214 or visit nyc.gov/healthcoverage.
- Get the support of a personal nurse or doula during and after your first pregnancy. Call 718-637-5235 to enroll in the New Family Home Visits Initiative.

Ending a Pregnancy

Abortion is safe and legal in New York State. For confidential support, call the NYC Abortion Access Hub at 877-NYC-AHUB (877-692-2482).

Birth Control

There are many safe and effective ways to **prevent pregnancy**.

- Use condoms every time you have vaginal sex.
- Take a daily pill.
- Use a weekly patch or monthly vaginal ring.
- Get a longer-lasting shot, implant, or IUD (intrauterine device).

Emergency contraception can prevent pregnancy if you had vaginal sex without another kind of birth control.

- An IUD can be inserted up to five days after sex to prevent pregnancy.
- Emergency contraceptive pills work better the sooner you take them. Some pills must be taken within three days.

Get prescription birth control from a health care provider, family planning clinic, or NYC Sexual Health Clinic. Some pharmacies sell birth control and emergency contraception without a prescription.

HIV and Other Sexually Transmitted Infections

Testing

Get tested at least once a year to protect yourself and your sex partners.

- Get tested before sex with a new partner. Ask your partner when they last got tested.
- Get tested any time you have pain during sex; burning when you urinate; unusual discharge from the vagina, penis, or anus; or itching or sores around the vagina, penis, or anus.

Sexually transmitted infections do not always show signs or symptoms. Get tested to make sure you do not have an infection.

Treatment

- **HIV:** If you have HIV, medicines help you stay healthy and prevent transmission to your sex partners. To get connected to care, call the NYC Health Department at 212-693-1419.
- **Other sexually transmitted infections:** Syphilis, chlamydia, and gonorrhea can be easy to treat. If not treated, they can cause serious health problems and spread to your sex partners.

Prevention

- **Condoms** help prevent pregnancy, HIV, and other sexually transmitted infections.
- **PrEP** (pre-exposure prophylaxis) is safe and effective medicine that anyone can take to prevent HIV.
- **Emergency PEP** (post-exposure prophylaxis) can stop HIV after sex if started within 72 hours. Go to an emergency room or call the NYC 24/7 PEP Hotline at 844-3-PEP NYC (844-373-7692).
- **Doxy PEP** (doxycycline post-exposure prophylaxis) is an antibiotic pill you can take after sex to help prevent syphilis, chlamydia, and gonorrhea.
- **Vaccines** help prevent mpox, HPV (human papillomavirus), meningitis, and hepatitis A and B.

Your Safety

- Help is available if you have been abused or forced to have sex. Call the 24/7 NYC Domestic Violence Hotline at 800-621-HOPE (800-621-4673).

Your Rights

- Health care providers cannot share your information without your permission, except when required by law.
- If you have been mistreated or denied care because of your identity or immigration status, call 212-416-0197 to file a complaint with the NYC Commission on Human Rights.



To learn more about sexual health services, visit nyc.gov/sexualhealth or scan the QR code.