ᑲᑐᑎᓗᒍ ᓄᓇᕗᑦ ᐱᕈᖅᐸᓕᐊᑎᓪᓗᒍ
Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

World Contraception Day 2021

Start Date: **September 24, 2020**
End Date: **September 26, 2020**
Nunavut-wide **60 sec**

World Contraception Day occurs internationally every September 26. This day is an opportunity to raise awareness about the different types of contraception methods available and to help individuals make informed choices about their sexual and reproductive health.

There are many options for birth control, and it is important that individuals have the correct information in order to choose the contraceptive that works for their lifestyle.

Some of the most common contraceptive methods are:

- Condoms.
- An IUD (a device worn inside the uterus).
- Needle (an injection of birth control hormones).
- Birth control pill.
- Patch (that delivers birth control hormones through the skin).
- Ring (that delivers birth control hormones intravaginally).

It is important to remember that condoms are the only form of birth control that can protect against both pregnancy and sexually transmitted infections. Condoms can be accessed for free at health centres throughout the territory.

Most types of birth control are free for Nunavut Inuit who are covered under non-insured health benefits. To discuss what might work best for you, visit your local health centre. For more information about the different types of birth control, visit www.irespectmyself.ca.

###

Media Contact:

Danarae Sommerville
Communications Specialist
Department of Health
867-975-5712
dsommerville1@gov.nu.ca

ᐱᕙᓪᓕᐊᔪᑦ ᑐᓴᒐᒃᓴᙳᖅᑎᑕᐅᔪᑦ ᐱᔭᐅᔪᓐᓇᖃᑦᑕᖅᑐᑦ ᐃᓄᒃᑎᑑᖕᒐᓗᑎᒃ, ᖃᓪᓗᓈᑎᑐᑦ, ᐃᓄᐃᓐᓇᖅᑐᓐ ᐅᐃᕖᑎᑐᓪᓗ ᐅᕙᓂ, *www.gov.nu.ca.*
News releases are available in Inuktitut, English, Inuinnaqtun and French on *www.gov.nu.ca*.
Tuhaqtaghat ittut Inuktitut, Qablunaatitut, Inuinnaqtun Uiviititullu talvani *www.gov.nu.ca*.
Les communiqués de presse sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au *www.gov.nu.ca*.