



**Get a free or  
low-cost vasectomy  
in Alameda County!**

Call the Family Health Line  
to find a local vasectomy provider  
**1-888-604-4636**

Monday - Friday, 8:30 am – 5 pm

To find family planning  
providers or health insurance  
options in Alameda County,  
go to [www.achealthcare.org](http://www.achealthcare.org)

# Is vasectomy right for me?

## What is vasectomy?

Vasectomy is permanent birth control for men. It is a minor procedure that will not change your sex drive or performance. Most men are able to return to work in 1 or 2 days.

## How effective is vasectomy?

Vasectomy is one of the safest, most effective kinds of birth control. Talk to a doctor about your options.