

101 FEMALE CONDOMS KNOW YOUR OPTIONS

YOUR BODY, YOUR RULES, YOUR CHOICE

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WOMEN4 GLOBALFUND

WHAT IS IT?

A soft, loose pouch that you insert into your vagina before sex. It has a flexible ring at each end – one ring sits inside the vagina (near the cervix) and the other ring stays outside (covering the vaginal opening). If it slips or gets pushed inside, do not panic. It cannot get lost inside your body. Remove it and use a new one.

HOW DO WE USE IT?

Insert into the vagina before any genital contact. The inner ring sits near the cervix, and the outer ring remains outside the vagina. Remove immediately after sex and dispose of it. Use a new condom for every act of sex.

WHERE CAN YOU FIND IT?

Available through health clinics, family planning services, pharmacies, and some community health programmes. May be less widely available than male condoms.

HOW AVAILABLE IS IT?

Availability is generally lower than male condoms. Distribution is often dependent on donor support and public sector supply chains. In the public sector, they are typically provided free of charge or at a low subsidized cost. You can ask for them at your local clinic or family planning service.

PROS

Triple protection: against HIV, other STIs and unwanted pregnancy. Woman-controlled & can be inserted in advance, giving women more autonomy. Does not require an erection to stay in place. Can be inserted up to 8 hours before sex.

- Tip for diverse practices: If you have sex using fingers or share toys, finger condoms are also available to protect you from HIV and STIs.

CONS

Less widely available than male condoms, higher cost, requires practice to use correctly, may be less familiar to some users. Never use male and female condoms at the same time.



101 MALE CONDOMS
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WHAT IS IT?

A thin cover you roll onto the penis before sex. It stops sperm, viruses, and bacteria from entering the body

HOW DO WE USE IT?

Roll onto an erect penis before any genital contact. Hold the tip to leave space for semen, unroll all the way to the base. Remove carefully after sex and dispose of it. Use a new condom for every act of sex.

WHERE CAN YOU FIND IT?

Widely available for free or at low cost through health clinics, pharmacies, supermarkets, and community health programmes. In Zambia, they are part of the national RHCS plan. In Mozambique, they are also prioritized for procurement.

HOW AVAILABLE IS IT?

Male condoms are the most widely available prevention method. They are sold in shops, pharmacies, and supermarkets, and distributed free in many public health clinics. In the public sector, they are typically provided free of charge.

PROS

Protects against HIV and other STIs, and prevents unwanted pregnancy. Widely available, affordable, and easy to use.

- Tip for diverse practices: If you have sex using fingers or share toys, finger condoms are also available to protect you from HIV and STIs.

CONS

Requires partner cooperation, can break if not used correctly, oil-based lubricants can damage latex, keep away from heat. Always check the expiration date.



101 VAGINAL RING KNOW YOUR OPTIONS

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WHAT IS IT?

A soft, flexible ring that you place in your vagina. It slowly releases medicine called dapivirine over a month to protect you from HIV.

HOW DO WE USE IT?

You insert it yourself once a month. It stays in place while you go about your daily life. During sex or your period, you do not need to remove the ring. It stays in place. After 30 days, you remove it and insert a new one. If it slips out, wash it with clean water if needed. Do not use soap or disinfectants.

WHERE CAN YOU FIND IT?

The Dapivirine Vaginal Ring (DVR) is not yet widely available. In Zambia, it is mentioned in the 2025 PrEP guidelines as an option . In Mozambique, it is not yet listed as available in national guidelines, and access is mainly through pilot projects or research.

HOW AVAILABLE IS IT?

Very limited. The ring has been approved in several African countries, but access is often restricted to pilot projects. Age of consent barriers apply. It is generally not available outside of research settings. In pilot projects, it is often provided free. Otherwise, cost is unknown as it is not commercially available.

PROS

Woman-controlled, discreet, long-acting monthly protection, and no partner consent needed.

CONS

Not widely available and it requires vaginal insertion. Protects against HIV only. Does not protect against unwanted pregnancy, other STIs or during anal/oral sex. Use condoms for STI protection.



101 PrEP KNOW YOUR OPTIONS

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WHAT IS IT?

A pill you take every day when you are a person living without HIV to prevent HIV transmission. It builds up in your body to stop the virus from spreading if you are exposed. When taken consistently, it reduces the risk of getting HIV through sex by about 99%.

HOW DO WE USE IT?

Take one pill every day at roughly the same time. It must be taken consistently to maintain full protection. If you miss a dose: If it is less than 12 hours late, take it as soon as you remember. If it is more than 12 hours late, skip the missed dose and take the next one at your normal time. Do not take a double dose

WHERE CAN YOU FIND IT?

Available at health clinics and public health programmes. In Zambia, it is widely available and guidelines strongly align with WHO recommendations . In Mozambique, it was rolled out nationally in 2021, targeting AGYW

HOW AVAILABLE IS IT?

It is available, but continuation remains challenging. In Mozambique, access is generally linked to the age of consent for HIV testing (12 years, with exceptions). In Zambia, the age is 16, with exceptions. Stigma and fear of judgment from parents and providers are major barriers for young women.

PROS

PrEP is provided free of charge through public health programmes supported by PEPFAR and the Global Fund.
Highly effective when taken consistently, discreet (a daily pill), well-established safety record.

CONS

Requires daily adherence, potential side effects, does not protect against STIs or unwanted pregnancy, stigma is a major barrier.



101 CAB-LA KNOW YOUR OPTIONS

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WHAT IS IT?

A long-acting injection you get every two months to prevent HIV transmission. It acts like a shield: it blocks the virus before it can enter your cells and multiply.

HOW DO WE USE IT?

You receive an injection from a healthcare provider. Your first two injections are given one month apart. After that, you move to the regular schedule of one injection every two months (eight weeks).

WHERE CAN YOU FIND IT?

In Zambia, CAB-LA was one of the first countries in Africa to start offering it in 2024. In Mozambique, a pilot program was introduced in Nampula in 2024 for AGYW aged 15-24, and MSF handed over a CAB-LA project in Beira to the Ministry of Health in May 2026.

HOW AVAILABLE IS IT?

Limited but expanding. Availability is often through pilot programs. In the Mozambique pilot, 54% of AGYW offered CAB-LA initiated it, but only 59% returned for their second injection. In the public sector and pilot programs it is provided free of charge.

PROS

Long-acting and convenient; only six injections per year. Discreet, no daily pill, effective.

CONS

Requires clinic visits for injections, fear of needles, limited availability, does not protect against STIs or unwanted pregnancy.



101 LEN KNOW YOUR OPTIONS

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WHAT IS IT?

A new injection given just twice a year to prevent HIV. It works by targeting the virus's protective shell (the capsid) , stopping it from replicating and spreading in your body. Clinical trials have shown nearly 100% efficacy.

HOW DO WE USE IT?

You receive an injection from a healthcare provider every six months, just two visits a year.

WHERE CAN YOU FIND IT?

Being rolled out through Global Fund-supported pilot programmes in select countries in East and Southern Africa. It has received FDA approval for HIV prevention. You cannot buy this at a pharmacy; you must go to a health facility and receive the injection from a medical professional.

HOW AVAILABLE IS IT?

Rollout is accelerating. Zambia was one of the first countries to initiate LEN in December 2025. Mozambique's initial phase aims to benefit at least 34,000 people. AGYW are a priority, as well as pregnant and breastfeeding women.

PROS

The most convenient option: only two injections per year. Highly effective (nearly 100%), discreet and no daily pill.

CONS

Requires clinic visits, limited availability, global supply is controlled by the manufacturer, and access is a major advocacy issue. Protects against HIV only. Does not protect against other STIs or unwanted pregnancy. Use condoms for full protection.