



**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 services  
in Alameda County, go to  
[www.acphd.org/family-planning](http://www.acphd.org/family-planning)

# 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.