

You can get Emergency
Contraception at your nearest
State Service Center Family
Planning Clinic.

When you call, tell them you need
EMERGENCY CONTRACEPTIVE PILLS.

New Castle County

Northeast 552-3600
Middletown 378-5200
Porter 577-3521

Kent County

Williams 857-5150
Milford 424-7140

Sussex County

Pyle 732-9512
Georgetown 856-5225
Shipley 628-2031

*Also ask about Family
Planning Services.*

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Delaware Health and Social Services
Division of Public Health
reproductivehealth.dhss.delaware.org

You had unplanned
or unprotected sex.



There is something
you *can* do .

You have only a few
days to act...



Delaware Health and Social Services
Division of Public Health

if you had sex within the past few days and:

- You didn't use any birth control, or
- The condom broke, or
- You started your pill pack late, or
- Your diaphragm slipped, or
- You missed your birth control shot, or
- You were forced to have sex. . .

There is something you can do!

Take Emergency Contraceptive Pills (ECPs) within a few days of unprotected or unplanned sex, to reduce your chances of becoming pregnant.

What Are ECPs?

They are ordinary birth control pills taken in special doses. Taken within a few days of having unprotected or unplanned sex, ECPs can reduce your chance of getting pregnant by 75 percent. ECPs can prevent or delay eggs from being produced.

It is Important that You Know:

ECPs will **NOT** cause an abortion.
ECPs will **NOT** work if you are pregnant.

remember
ECPs are for emergency use only!

If you are having sex, it is important that you use a regular and effective method of birth control. Condoms should also be used to protect you from sexually transmitted diseases (STDs) including HIV/AIDS.

Abstinence is always the safest way to avoid pregnancy. But if you ARE having sex, it's crucial that you protect yourself from both pregnancy and disease.

ECPs May Produce Some Side Effects:

Some women may feel sick to their stomachs and may possibly throw up. Some women may have sore breasts or headaches. These side effects usually last a day or two. ECPs could also cause your next period to come a little early or a little late.

Please Remember:

- You have only a few days to act.
- ECPs are not abortion pills.
- They will not work if you're pregnant.
- Regular birth control is essential.
- Abstinence is the only safe way to prevent pregnancy and disease.