emergency contraception

EC is safe.
EC is confidential.

You can prevent unplanned pregnancy — even after sex!

To find a pharmacy or to learn about emergency contraception go to
www.EC-Help.org, or call 1-800-323-1336.

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What happens next?

What you need to know about

emergency contraception

You can now get EC at a pharmacy!

If you had sex without a condom (unprotected sex), or your birth control didn't work, or if you were forced to have sex; use emergency contraception ("EC").

Don't wait! The sooner you take EC the more effective it is. EC prevents pregnancy if used within 3 days after sex. New information shows that EC may work up to five days after sex, but it is less effective than if taken earlier.

How do I get EC?

In California, you don't need to visit your doctor or clinic first. You can get EC directly from a pharmacy.

1. To find a pharmacy that carries EC, or to learn more about the product, call **1-800-323-1336** or visit **www.EC-HELP.org**.
2. Once you find the pharmacy, make sure you call before going. Ask to speak with a pharmacist. He or she will know if you can use EC and will answer your questions.

As a teen in California, you can get EC from a pharmacy or a clinic and you have the right to confidential family planning services.

What do I need to know about EC?

Simply put, EC is a "back-up" method for regular birth control.

- EC contains the same chemicals (hormones) found in "the pill," only in higher doses.
- EC is a safe and effective way to prevent pregnancy if:
  - You had unprotected sex
  - Your birth control didn't work:
    - The condom broke during sex
    - You didn't take your birth control pills for two or more days
    - You were late for your birth control shot
  - You were forced to have sex

  Better yet, have EC on hand before an accident happens!
- EC is for emergency use only. It should not take the place of regular birth control methods, such as "the pill," condoms, the birth control shot, etc.

How does EC work?

EC works by:

- Stopping an egg from being released
- Preventing fertilization of an egg
- Stopping a fertilized egg from attaching to the uterus

- EC is NOT the same as RU-486 (the abortion pill). EC will not cause an abortion.
- EC does not protect you from sexually transmitted diseases (STDs), including HIV/AIDS. Protect you and your partner by always using a condom during sex.