

Accidents happen...but it's not too late...



Emergency contraception is birth control you can use shortly after sex to reduce the chance of a pregnancy

1. The **Plan B** pill can be taken up to **72 hours** after sex.

Available without a prescription or age-limit. Get it free from any military pharmacy or buy at retail pharmacies.

But don't delay. The pill works better when taken sooner.

2. The **UPA** pill works for up to **5 days** after sex. You need a prescription for this.

3. The **copper IUD** works for up to **5 days** after sex. You need an appointment to get this device.

Emergency contraceptive pills will **NOT** harm an existing pregnancy.

Emergency contraceptive pills do **NOT** protect against sexually transmitted infections.

Emergency contraceptive pills should **NOT** be used as your regular birth control because they are not as effective as many other types of birth control.

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Oct 2018