



# Emergency Contraception: Get the FACTS

## What is Emergency Contraception (EC)?

Emergency contraception (EC), or Plan B, is a **method of preventing pregnancy after unprotected sexual intercourse**—when a condom breaks, after a sexual assault, or any time unprotected sexual intercourse occurs.

Often mislabeled the “morning after pill,” **EC may be taken up to 5 days after unprotected sex.**

EC is effective at preventing pregnancy; however, it *does not* protect against sexually transmitted diseases.

**EC is now available over the counter for purchase at pharmacies nationwide!**

## How does EC Work?

While most effective if taken within 24 hours, EC can be taken **up to 120 hours** after unprotected intercourse.

The hormones in EC can delay or prevent ovulation, or interfere with fertilization or implantation.

For more information about EC, visit [www.OvertheCounterEC.org](http://www.OvertheCounterEC.org).

## Is EC Safe and Effective?

When taken within 24 hours of unprotected intercourse, **EC can be up to 95% effective.**

Overall, EC lowers a woman’s risk of becoming pregnant by 75-88%.

## How and Where can I Get EC?

**EC is now available over the counter for women and men 18 and older at pharmacies nationwide.**

EC may also be available at your Campus Health Center – be sure to find out.

National chains CVS, Target, Wal-Mart, Rite Aid and Walgreens have all promised to stock EC.

Simply go to your local pharmacist, present a valid government issued photo ID, and ask for EC or Plan B.

EC can always be purchased in advance, so keep a pack on hand – just in case.

Young women *under the age of 18* must have a prescription for EC, *unless they live in a Pharmacy Access state* – where EC may be obtained by visiting a certified pharmacist. Pharmacy Access states include Alaska, California Hawaii, Maine, Massachusetts, New Hampshire, New Mexico, Vermont and Washington.

## Can EC be used instead of a Condom?

**No! EC does not protect from Sexually Transmitted Infections, so always use a condom.** While repetitive use of EC is perfectly safe, using other forms of oral contraception on a regular basis is always recommended. But if you are ever stuck without EC, there are brands of birth control pills that can prevent pregnancy when used as EC. Doses vary, so make sure to check with a health care provider or visit [www.not-2-late.com](http://www.not-2-late.com).

