

# Emergency Contraception



Did you have unprotected sex?

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Did you have sex against your will?

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Did the condom break during sexual intercourse?

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Did you forget to take the pill?

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## If yes

- Do not worry. Go to the clinic and ask for emergency contraception (the morning after pill).
- Emergency contraception prevents an unplanned pregnancy.
- Emergency contraception must be taken as soon after unprotected sex as possible but within **5 days**.
- It is safe to use it as many times as needed
- Side effects are not severe.
- It does not reduce the likelihood of pregnancy in the future.

**Emergency contraception is available at all primary health care facilities on weekdays during working hours.**

For access after-hours and on weekends, please visit Vanguard Community Health Centre (Southern Western Sub-Structure), Michael Mapongwana Community Health Centre (Khayelitsha Eastern Sub-Structure, Mitchells Plain Community Health Centre - (Klipfontein Mitchells Plain Sub-Structure, or Kraaifontein Community Health Centre (Northern Tygerberg Sub-Structure).



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