

EC QUICK FACTS



- Emergency contraception (EC), a.k.a the morning-after pill, is safe and effective birth control used after unprotected sex or sexual assault.
- **Take EC ASAP**, within 5 days - it's more likely to work the sooner you take it.
- EC **prevents** pregnancy - it's NOT an abortion pill. If you need information about abortion, go to plancpills.org or inedana.com.
- Levonorgestrel EC (i.e. Plan B One-Step, Take Action or Julie) is sold over-the-counter, just like Advil - no prescription needed!
- Be sure to check the expiration date on your EC package - do not take it if it's expired.
- **About EC and body weight:**
 - Levonorgestrel EC may not work if you weigh 165+ lbs, or have a BMI of 26+.
 - Some research shows that the prescription-only EC pill (ella) or copper-T IUD, both available from healthcare providers, may be more effective.
 - Scan the QR code on the back of this card for information and resources.
- If you are still concerned about pregnancy, take a home pregnancy test and follow up with a healthcare provider.

LEARN MORE



For more information about emergency contraception and sexual + reproductive health visit: bedsider.org

If you (or a friend) have experienced:

- *sexual coercion or violence*
- *being controlled or hurt in your relationship*
- *your partner messing with your contraception or pressuring you around pregnancy decisions*

you can get free, confidential support 24/7 from:

Chat: loveisrespect.org

Text: "LOVEIS" to 22522

Call: 866.331.9474

Chat: online.rainn.org

Call: 800.656.HOPE (4673)


Free, anonymous relationship safety + decision aid:
myplanapp.org

For more information about EC access on campus:

 www.ec4ec.org

 [@ecforec](https://www.instagram.com/ecforec)

 [@ec4ec.org](https://www.facebook.com/ec4ec.org)

 info@ec4ec.org



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emergency contraception

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