

How to Use Emergency Contraception

- **Emergency contraception (EC) should be taken after unprotected vaginal sex to reduce the risk of pregnancy when birth control was not used or a condom broke.**
- **May use up to 72 hours after unprotected sex**
- **Effectiveness decreases the longer you wait**
- **Effectiveness decreases if over 165 lbs**
- **Call UHS 412-268-2157, Option 2 for questions**
- **If you need EC in the future, remember it is covered by the student health insurance plan and available at UHS!**