

# You didn't plan it. It just happened.

Emergency birth control  
can safely prevent pregnancy  
when used within  
**120** hours after sex.

Emergency birth control is now  
available over the counter to anyone  
18 and older.

Emergency birth control  
does not prevent HIV  
and other STDs.

Abstinence is the only  
100% effective method  
of birth control.

For confidential health  
services, call:

**BOULDER**  
Women's Health/  
Boulder Valley  
Women's Health Center  
303-442-5160

Planned Parenthood  
303-447-1040

People's Clinic  
303-449-6050

University of Colorado  
Wardenburg Health Center  
303-492-2030

**LONGMONT**  
Planned Parenthood  
303-772-3600

Salud Clinic  
303-776-3250

Longmont Teen Clinic  
303-442-5160

**LOUISVILLE/LAFAYETTE**  
Clinica Campesina  
303-665-9310

Boulder County Public Health. Reliable information for healthy decisions.

