**Health Care Information Sheet**

*This may not be a concern for you right now; however, we give this information sheet and this safety card to everyone who uses our services.*

**Many people who come to our program have experienced situations that put them at risk for unwanted or unplanned pregnancies. If you are concerned about being pregnant or if you have had unprotected sex in the past 5 days and do not wish to become pregnant, please speak with a staff member.**

If you are concerned about **being pregnant** we can provide you with a pregnancy test.

If you are concerned because you have had **unprotected sex in the past 5 days,** there is a safe medication that you can take called emergency contraception (or the morning after pill).

Emergency contraception is available at the Health Department at a reduced fee or at a local pharmacy without a prescription.

Please talk to your case manager about any concerns you have about pregnancy and/or safe contraception.

Below are some resources offering reproductive health services:

**INSERT DETAILS FOR LOCAL FAMILY PLANNING CLINICS, PHARMACIES, ETC. BE SURE TO INCLUDE OPERATING HOURS, SERVICES OFFERED, FEES, AND ANY OTHER IMPORTANT INFORMATION**

Developed by the Haven Shelter & Services, Inc. in Warsaw, Virginia and adapted by the Virginia Sexual and Domestic Violence Action Alliance