

1. Emergency contraception is a birth control used to prevent pregnancy after vaginal sex during which the contraception method has failed (ex. broken condom) or may not have been used. EC is more effective the sooner it is used, up to 5 days.

2. Yes. ECs are often called the "morning after pill," which is wrong because ECs don't have to be taken the morning after. ECs work best if taken soon after sexual contact (less than 24 hours is best) but are still effective up to 5 days after sexual contact.

3. No. Emergency contraception can only lower the risk of becoming pregnant after having unprotected sex. Always use condoms to lower your risk of getting an STI.

4. Anyone aged 15 and over can get emergency contraception. On April 30, 2013, the FDA approved that anyone 15 years and older could purchase Plan B without a doctor's prescription.

5. Don't Wait! Take the pill as soon as possible after an unprotected/ protection failure sexual contact. It will reduce your risk of pregnancy if you start it less than 120 hours (five days) after unprotected intercourse.

6. SIU Pharmacy, local pharmacies (24 hour), health departments, and some clinics

7. An STI is an infection passed from person to person through sexual contact (penetration is not necessary for an STI to be passed). STIs are also called sexually transmitted diseases or STDs.

8. Remember symptoms are NOT ALWAYS APPARENT! Pain or burning while urinating, genital rashes, bumps or blisters, the urge to urinate more often than usual, abdominal pain, vaginal or penile discharge, vaginal bleeding between menstrual periods, vaginal bleeding after intercourse, low-grade fever, painful intercourse, or swelling inside the vagina or around the anus.

9. Everyone who has vaginal, anal or oral sex. If you are sexually active, make an appointment to be tested at the SIU lab or talk to your doctor about STI screening at your next appointment.

10. If you are sexually active, at least twice a year. You should get tested if you

are: having symptoms, having sex with a new partner, having sex with more than one partner, having sex with someone who has tested positive for an STI/STD, unsure if your partner has been tested, or Pregnant.

11. Take all of the antibiotics prescribed. Tell your partner(s) to get tested and treated. Don't have sexual contact with anyone until 2 weeks after you have finished your treatment and they have been tested and treated. Get tested again three months after you finish your treatment. This is to make sure you are cured and have not been re-infected.

12. Ribbed condoms are textured with ribs, dots, or bumps, to increase sensation and pleasure for both partners.

13. No. Condoms provide protection against many STIs such as chlamydia, gonorrhea, syphilis, and HIV; however there are some STIs such as genital warts and herpes that can be passed through sexual contact even when a condom is used.

14. Every single time you have penile-oral, penile-vaginal or penile-anal sex.

15. Once erect and before any penile contact with your partner's genitalia. Fluids released from the penis even early on in sex (pre cum) can cause pregnancy and transmit an STI.

16. NO! Douching is not an effective method of contraception. Additionally, douching removes a woman's normal vaginal fluid. This fluid helps prevent infections and pregnancy.

17. Yes! Pulling out before a man ejaculates is not effective. Pre cum is released before the man begins to climax and contains STIs and 200,000,000 sperm, which could cause an infection and/or pregnancy. Just one of these sperm could result in a pregnancy. In addition, some men may not have the willpower or ability to withdraw the penis before ejaculating.

18. The Patch. The birth control patch is a thin, beige, plastic patch that sticks to the skin. It is used to prevent pregnancy. A new patch is placed on the skin once a week for three weeks in a row, followed by a patch-free week.

19. Condoms are 95 % effective at preventing pregnancy when used correctly every time you have sex. This means that out of every 100 women whose partners consistently use condoms as directed, 5 will become pregnant each year. However, condoms are rarely used perfectly. Under normal conditions, condoms are only 85% effective; meaning 15 women in 100 will become pregnant in one year.

20. Condoms can last years when properly stored in a cool, dark place away from sun, heat, and humidity. Always check the package for the expiration date and make sure that the condom package still has air in it before opening and using the condom. If you ever take a condom out of the package and it looks odd, throw it away and get another one. Defects are rare, but can happen.

21. Yes. There are two types of flavored condoms, lubricated and non-lubricated. Flavored lubricated condoms often have sugars in the lubricant which can cause a yeast infection if used during vaginal sex. In a pinch, it is ok to use them, however it is not ideal. Non-lubricated condoms are dry; If used for vaginal sex, they are likely to cause friction for both partners. Additionally, because of friction during sex, non-lubricated condoms are likely to break during sexual contact.

22. RAs, SIU Wellness Center (all kinds), SIU Pharmacy (Trojans), local pharmacies (24 hour), grocery stores, health departments, and some clinics

23. Go online to shc.siu.edu/appointments and click **Saluki Health Portal** to make an appointment through the web portal or call 618/536-2391. The Jackson County Health Department also has testing available call 618/684-3143 to make an appointment.

24. Yes. Condoms come in small (Iron Grip), regular (ENZ), large (Magnum), extra-large (XL-Magnum) and huge (Her Pleasure). It is important to find the size and shape that works for you. Try a couple of different kinds and see what you and your partner like. If condoms slip off during sex, you may want to try a smaller condom. If condoms break during sex you may need a larger condom or try using lube during sex.