

THINGS TO THINK ABOUT AFTER UNPROTECTED SEX

RISK OF HIV?

Medication can be given to help prevent HIV up to 3 days after sex. Visit the sexual health clinic or call 111 if you have recently put yourself at risk of HIV.

PREGNANCY TESTING

If you think you might be pregnant, you can usually start testing 3 weeks after sex. Free testing is available at the sexual health clinic.

CONTRACEPTION CHOICES

Visit getiton.org.uk for a full list of available contraception in St Helens. Once you're ready, call our clinic to book an appointment. If you're still unsure, call us anyway and we can help find the right method for you.

EMERGENCY CONTRACEPTION

Emergency contraception is available up to 5 days after unprotected sex but it is **more effective the earlier it is taken**. It is available free from the sexual health clinic and some pharmacies.

DON'T FORGET ABOUT STI'S

Unprotected sex put you at greater risk of getting an STI. For most infections, you can test 2 weeks after sex. Visit the sexual health clinic for testing.



Our clinics are appointment only. to book an appointment please call 01744 646473 Monday to Friday between 9:30am and 4:30pm

FOR MORE INFORMATION PLEASE VISIT WWW.SEXUALHEALTHSTHELENS.NHS.UK