

You can get emergency contraceptive pills (Plan B) at all our sites.

Come to the:

- Belleville office: Monday, Tuesday, Wednesday or Friday, 8:30-4:30, or Thursday noon-7:00 pm
- Trenton, Bancroft, or Picton, sites: Monday-Friday, 8:30-4:30, (closed noon-1:00 pm)
- Madoc: call 613-966-5500 ext 243 to arrange Madoc pick-up

It can be used if you had sex with no protection.

It is also used if your protection didn't work, like when you miss pills or the condom came off.

EC works best if taken **as soon as possible** after sex.

Pills can be taken up to 5 days after sex.



Public Health is committed to providing accessible programs and services to all. To request this, or any other publication in an alternative format, please contact 613-966-5500 or by email at accessibility@hpeph.ca