

Key Facts About **Emergency** **Contraception** For Victims of **Sexual Assault**

Emergency contraception can help prevent pregnancy after sexual assault

- It is important to start emergency contraception promptly

Emergency contraception options include hormonal pills, such as

- Progestin-only pills such as Plan B™
- Estrogen/progestin pills or high doses of regular oral contraceptive pills

Note: Other options may be available. Talk with your medical provider about the best choice for you.

Safe and effective

- Progestin-only pills reduce the risk of pregnancy by 89%*
- Combined estrogen/progestin pills reduce the risk of pregnancy by 75%*
- Emergency contraception is not meant to be used as a regular birth control method

**Pregnancy risk reduction based on one-time use.*

Emergency contraception pills are NOT

- Protection against sexually transmitted diseases, including HIV/AIDS
- The same as RU-486, the abortion pill
- Capable of interrupting an established pregnancy
- Capable of harming a developing fetus
- Capable of affecting a woman's ability to become pregnant in the future

In the case of sexual assault, where can you get emergency contraception pills?

- Hospital emergency rooms in Washington State
- Some pharmacies in Washington State
- Healthcare providers and clinics

For more information, including participating pharmacies in your area, call 1-888-NOT-2-LATE (1888-668-2528), or visit <http://ec.princeton.edu/>. Some birth control information at this number and website may not be condoned by all individual beliefs.



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For people with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY Call 711).

This fact sheet was adapted courtesy of the Program for Appropriate Technology in Health (PATH) from its publication, "Key Facts about Emergency Contraception."

Community Sexual Assault Programs

Aberdeen

Beyond Survival
360-533-9751
Toll Free: 888-626-2640

Bellingham

Domestic Violence & Sexual
Assault Services of Whatcom
County
360-715-1563
Toll Free: 877-715-1563

Cathlamet

The Charlotte House
360-795-6400
Toll Free: 866-795-9381

Chehalis

Human Response Network
360-748-6601
Toll Free: 800-244-7414

Clarkston

Quality Behavioral Health
Toll Free: 888-475-5665
Asotin County: 509-758-3341
Garfield County: 509-843-3791

Colville

Family Support Center
509-684-3796
Toll Free: 877-219-5542

Davenport

Family Resource Center
509-725-4358
Toll Free: 800-932-0932

Dayton

YWCA Crisis Line
509-382-9922

Eastsound

Domestic Violence/Sexual Assault
of the San Juan's
Orcas Island: 360-376-1234
San Juan Island: 360-378-2345
Lopez Island: 360-468-4567

Ellensburg

ASPEN (Abuse Support &
Prevention Education)
509-925-9384
Toll Free: 866-925-9384

Everett

Providence Sexual Assault Center
425-252-4800

Forks

Forks Abuse Program
360-374-CARE (2273)
Toll Free: 800-743-7855

Goldendale

Programs for Peaceful Living
509-773-6100
Toll Free: 800-352-5541

Kelso

Emergency Support Shelter
360-425-1176
Toll Free: 888-425-1176

Kennewick / Tri-Cities

Support Advocacy & Resource Center
509-374-5391
Toll Free: 888-846-RAPE (7273)

Kennewick

Domestic Violence Services of Benton &
Franklin Counties
509-582-9841
Toll Free: 800-648-1277

Moses Lake

New Hope Domestic Violence & Sexual
Assault Services
509-764-8402
Toll Free: 888-560-6027

Mount Vernon

Skagit Domestic Violence/Sexual Assault
360-336-9591
Toll Free: 888-336-9591

Newport

Pend Oreille Crime Victim Services
509-447-5483
Toll Free: 800-548-3133

Oak Harbor

CADA (Citizens against Domestic
Violence & Sexual Abuse)
360-675-2232
Toll Free: 800-215-5669

Olympia

Safe Place
360-754-6300
360-943-6703 TTY

Omak

The Support Center
509-826-3221
Toll Free: 888-826-3221

Othello

Adams County Community Counseling
509-659-4357

Port Angeles

Healthy Families of Clallam County
360-452-4357 or 360-452-3811

Port Orchard

Kitsap Sexual Assault Center
360-479-8500

Port Townsend

Dove House Advocacy Services
360-385-5291 or 360-385-5292

Pullman

ATVP (Alternative to Violence of the
Palouse)
509-332-HELP (4357)
Toll Free: 877-334-2887

Redmond

Harborview Center for Sexual Assault
206-520-5000

Renton

KCSARC (King Co. Sexual Assault
Resource Center)
Toll Free: 888-99VOICE (8-6423)

Republic

Connections
509-775-3331
Toll Free: 877-876-9186

Seattle

ADWAS (Abused Deaf Women's
Advocacy Services)
206-812-1001

Harborview Center Sexual Assault &
Traumatic Stress (HCSATS)
206-744-1600

Shelton

SPIPA (South Puget Intertribal Planning
Agency)
360-426-3990
Toll Free: 800-924-3984

Turning Pointe Domestic Violence
Services
360-432-1212
Toll Free: 877-923-1212

Spokane

Spokane Sexual Assault & Family
Trauma Response Center
509-624-RAPE (7273)
Toll Free: 866-751-7119

Stevenson

Skamania County Council on
Domestic Violence & Sexual Assault
509-427-4210
Toll Free: 877-427-4210
After Hours: 800-255-8314

Sunnyside

Lower Valley Crisis & Support
509-837-6689
Toll Free: 877-604-7462

Tacoma

Rebuilding Hope Sexual Assault Services
of Pierce County
253-474-7273
Toll Free: 800-756-7273

Vancouver

Clark County Sexual Assault Program
(YWCA)
360-695-0501
Toll Free: 800-695-0167

Walla Walla

YWCA Crisis Line
509-529-9922

Wenatchee

Domestic & Sexual Violence Crisis
Center (SAGE)
509-663-7446

White Salmon

Programs for Peaceful Living
509-493-1533
Toll Free: 800-352-5541

Yakima

Yakima Sexual Assault Unit
509-452-9675
Toll Free: 888-605-6999