

ASK YOUR PHARMACIST

You do not need an appointment!

Most pharmacies have a **private** consultation room where you can discuss issues with pharmacy staff without being overheard.

WHERE CAN I GO FOR FREE CONDOMS?

The C-Card condom distribution service is for young people aged 13-24. You can access **free** condoms, internal condoms (femidoms) and lube from a number of outlets.

To be able to use the condom distribution service, you will first need to **register for a C-Card**.

Once registered, you will be able to collect free condoms from a number of outlets across Cornwall and the Isles of Scilly, including pharmacies, GP surgeries, colleges and youth services. **Visit:** <https://www.sexualhealthcornwall.co.uk/more-services/c-card/>



WHAT IF THE CONDOM BREAKS?

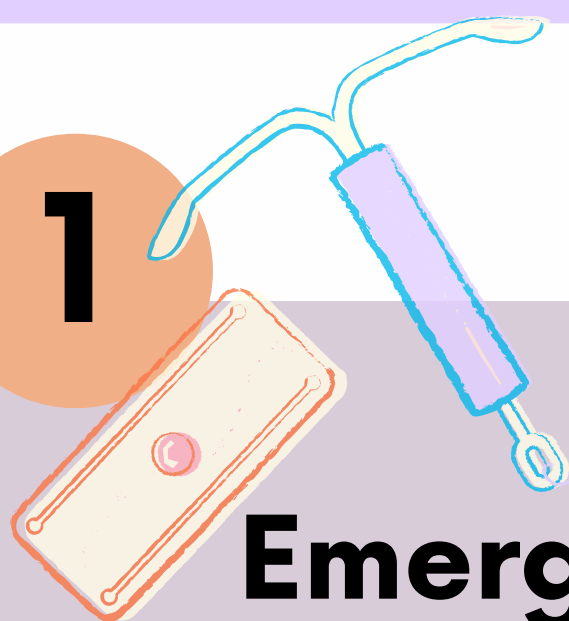
OR YOU FORGET TO USE ONE?

DON'T PANIC!



It's most effective if you take it as early as possible!

1



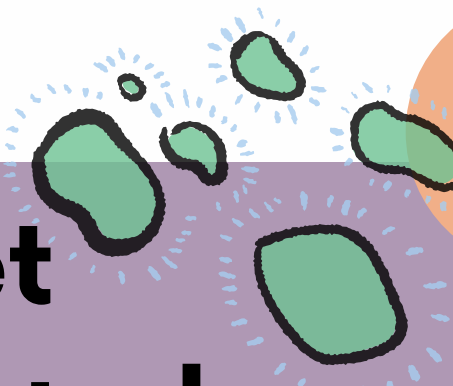
Get Emergency Contraception

If you've had vaginal sex without using a condom, or your contraceptive method failed (i.e. you missed a pill or a condom split) you may be able to prevent pregnancy by using emergency contraception **within the first five days**.

Many **Pharmacies** offer the emergency contraception pill (sometimes called the 'morning after pill') and will do so for **free**.

Get Tested For STIs

2



The most common STIs such as chlamydia and gonorrhoea often don't have any symptoms

A sexually transmitted infection (STI), is basically any kind of bacterial or viral infection that can be passed on through unprotected sexual contact.

Most infections are easily treated, getting tested is **free and confidential**. You may be able to get a STI testing kit sent to your home.



Don't Know What You Need?

It's ok if you don't know what you need. Brook Cornwall and other sexual health centres offer a wide range of services across the county.

Visit: www.nhs.uk/Service-Search/find-a-sexual-health-clinic or **Call:** 0300 30 30 714

