CHARTING YOUR MENSTRUAL CYCLE

(CHARTING EXERCISE BASED ON 28-DAY CYCLE)

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> YOU CAN BECOME PREGNANT DURING YOUR MENSTRUAL CYCLE
> SPERM LIVES IN THE VAGINA FOR 5-7 DAYS AFTER UNPROTECTED INTERCOURSE
> A NORMAL CYCLE OCCURS MONTHLY BETWEEN 24-32 DAYS
> YOU CAN USE YOUR CELL PHONE CALENDAR TO CHART YOUR CYCLE

HELPFUL TIPS

CHARTING LEGEND

| PERIOD | OVULATION | PRE/POST OVULATION | SAFE ZONE |

EMERGENCY CONTRACEPTION

PLAN B - One Step - NEXT CHOICE - ELLA - Aftera - Take Action - My Way - Stix Restart
[take within 72 to 120 hours depending on the brand]

> MOST EFFECTIVE WHEN USED CLOSEST TO MOMENT OF UNPROTECTED SEX
> NOT TO BE USED IN PLACE OF A BARRIER METHOD (ie. Internal/external condom)
> DOES NOT PROTECT AGAINST Sexually Transmitted Infections
> DO NOT NEED A PRESCRIPTION TO BUY