

**WESTERN CAPE DEPARTMENT OF HEALTH
DIRECTORATE: PROGRAMME DEVELOPMENT
MEDIA RELEASE**

Rather Be Safe Than Sorry

This Holiday Season make sure that you are prepared and that your reproductive health is protected.

By simply using a condom **every time** you have sex, you can protect yourself against

- ❑ Sexually Transmitted Infections (STDs/HIV/AIDS)
- ❑ Cervical Cancer **and**
- ❑ Unintended pregnancy.

Q: Do condoms really work in preventing STD's/HIV and unintended pregnancy?

A: The simple answer is **YES**, condoms are effective in preventing both disease and unwanted pregnancy, **IF THEY ARE USED CORRECTLY AND CONSISTENTLY.**

Remember:

- ❑ Use a condom **EVERY** time you have sex;
- ❑ **NEVER** use the same condom more than once.
- ❑ If you are at all uncertain about how to use a condom effectively, ask your health worker, GP or pharmacist for advice.

Other contraceptive methods such as the pill, injection, inter-uterine devices, (IUD) and sterilisation, are very effective at preventing pregnancy, **but offer no protection against infections.**

If you know you have had unprotected sex, or if you are not sure that you were well-protected you can make use of **Emergency Contraception** to prevent an unplanned pregnancy.

Emergency Contraception (consisting of a course of pills) can be effective for up to **72 hours** after unprotected sex, **but the sooner it is taken the better it works.**

The insertion of an inter-uterine device (IUD) can be effective for up to **five days** after unprotected sex.

Both condoms and Emergency Contraception are available free of charge from any state health clinic, or they can be obtained from your GP or Pharmacy.

If all else failed and you are faced with an unwanted pregnancy consult your nearest clinic as early as possible for a termination of pregnancy.

Be aware, be prepared and safeguard your future!

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