

Washington State Department of Health – Family Planning Program

Emergency Contraception for Victims of Sexual Assault

Every hospital providing emergency care to a victim of sexual assault must give you information about emergency contraception. If not medically contraindicated, the hospital must provide emergency contraception immediately at the hospital to each victim of sexual assault who requests it. (RCW 70.41.350)

Emergency contraception can help prevent pregnancy after sexual assault

- It is important to start emergency contraception promptly

Safe and effective emergency contraception options include:

- More than 99%* pregnancy risk reduction - Paragard Copper T, intrauterine device
- 94%* pregnancy risk reduction - ella or ellaOne, progesterone modulator pills
- 89%* pregnancy risk reduction - Plan B One-Step, or generics, progestin-only pills
- 75%* pregnancy risk reduction - Estrogen/progestin pills or high doses of oral contraceptive pills

Note:

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

Options can be made undetectable by partner, talk with your medical provider

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

Emergency contraception is NOT

- The same as the abortion pill, RU-486
- 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
- Protection against sexually transmitted diseases, including HIV/AIDS

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

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

If you have a complaint about the quality or necessity of the care you're receiving or have received from a healthcare provider or facility, you may file a complaint at

<http://www.doh.wa.gov/LicensesPermitsandCertificates/FileComplaintAboutProviderorFacility>

For more information, including participating pharmacies in your area, visit

<http://ec.princeton.edu/>.

Some birth control information at this website may not be condoned by all individual beliefs

Community Sexual Assault Programs

Aberdeen

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

Bellevue

Harborview Center for Sexual Assault & Traumatic Stress
206-520-5000
206-744-1600
TDD 206-744-1616

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

Rural Resources Victim Services
509-684-6139
Toll Free: 844-509-7233

Davenport

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

Dayton

YW CA Crisis Line
509-382-9922
Toll Free: 937-222-7233

Eastsound

Domestic Violence/Sexual Assault of the San Juan Islands

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
360-374-2273
Toll Free: 800-743-7855

Goldendale

Programs for Peaceful Living
509-773-6100
Toll Free: 800-755-1192, Ext 320
Crisis Pager Number: 1-844-493-1709

Kelso

Emergency Support Shelter
360-353-5777
Services/Crisis Line: 360-425-1176

Kennewick / Tri-Cities

Support Advocacy & Resource Center
509-374-5391

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
TTY 360-943-6703

Omak

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

Othello

Adams County Community Counseling
509-488-5611

New Hope Domestic Violence & Sexual Assault Services
509-488-2699
Toll Free: 888-560-6027

Port Angeles

Healthy Families of Clallam County
360-452-4357

Port Orchard

Kitsap Sexual Assault Center
360-876-3282
Toll Free: 1-866-831-2050

Port Townsend

Dove House Advocacy Services
360-385-5292

Pullman

ATVP (Alternative to Violence of the Palouse)
509-332-4357 or 208-883-4357
Toll Free: 877-334-2887

Redmond

Harborview Center for Sexual Assault & Traumatic Stress
206-774-1600
TDD 206-744-1616

Renton

KCSARC (King Co. Sexual Assault Resource Center)
Toll Free: 888-998-6423

Republic

Rural Resources Victim Services
509-684-6139
Toll Free: 844-509-7233

Seattle

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

Harborview Center Sexual Assault & Traumatic Stress (HCSATS)
206-744-1600
TDD 206-744-1616

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

Shoreline

Harborview Center for Sexual Assault & Traumatic Stress
206-520-5000
206-744-1600
TDD 206-744-1616

Spokane

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

Stevenson

Skamania County Council on Domestic Violence & Sexual Assault
509-427-4210
Toll Free: 877-427-4210
TTY: (800) 787-3224

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
800-755-1192, Ext 334
Crisis Pager Number: 1-844-493-1709

Yakima

Yakima Sexual Assault Unit
509-452-9675

Yakima YWCA
24-hour Hotline - (509) 248-7796