

## Think about CONTRACEPTION now

**When you're pregnant or getting used to life with a new baby, contraception may be the last thing on your mind.**

But did you know you can get pregnant as little as 3 weeks after the birth of a baby, even if you're breastfeeding and your periods haven't started again?

Unless you want to get pregnant again, it's important to use some kind of contraception every time you have sex after giving birth, including the first time.

As a result of the current Coronavirus outbreak, you **may not be able to access** your regular method of contraception easily, as services such as your doctor or family planning clinic may not be running in the same way.

To find out more about all forms of contraception, talk to your midwife or visit

<https://www.nhs.uk/conditions/contraception/when-contraception-after-baby/>

### **Have you got your contraception planned?**

Many unplanned pregnancies happen in the first few months after childbirth, so even if you're not interested in sex at the moment, it's better to be prepared.

Links to sexual health services in Humber, Coast and Vale

<https://www.humbercoastandvalematernity.org.uk/support1/sexual-health-and-family-planning-services/>

