

WHERE²FiND

2007 / 2008

INFORMATION & RESOURCES

PHILLY

CENTER CITY
GERMANTOWN
KENSINGTON / FRANKFORD
NORTH PHILLY
NORTHEAST PHILLY
WEST PHILLY
SOUTH PHILLY

SUBURBS

BUCKS COUNTY
CHESTER COUNTY
DELAWARE COUNTY
MONTGOMERY COUNTY





CONFIDENTIAL • FREE • 6 DAYS A WEEK

CHOICE HOTLINE
215-985-3300

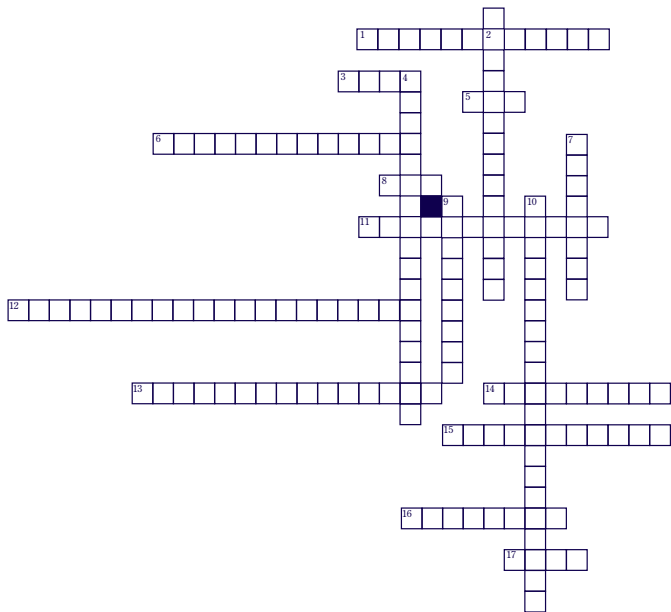
FOR CALLS OUTSIDE OF PHILADELPHIA
800-848-3367

ESPAÑOL
215-985-3350

TTY
215-985-3309

WWW.CHOICE-PHILA.ORG
WWW.WHERETOFind.ORG
WWW.WHERE2Find.MOBI

MONDAY - THURSDAY 8:30am - 7:30pm
FRIDAY 8:30am - 5pm SATURDAY 9am - 1pm



Across

1. Fits inside a woman's vagina to catch sperm; made of polyurethane
3. A form of hepatitis easily transmitted through sexual contact
5. Can be transmitted through Blood, Semen, Vaginal Secretions and Breast Milk; cannot be transmitted through kissing, hugging or kissing
6. A Test that looks for the hormone HCG
8. Can be used to prevent pregnancy up to 72 hours after unprotected sex
11. Are caused by the virus HPV
12. Does not protect against HIV and STIs; is less effective when a woman is using antibiotics
13. How much money you pay for services at this site depends on your income
14. A common sexually transmitted infection; symptoms include painful urination and pain around the urethra
15. A small rubber disk that fits over the

- woman's cervix that is used with spermicide
16. A woman _____ 14 days before the first day of her menstrual period
17. Can have no symptoms; Transmitted between intimate partners

Down

2. A place you can call to ask questions about reproductive health
4. Small pills containing hormones swallowed at the same time every day
7. A legal proceeding that creates a parent-child relation between persons not related by blood
9. Some family planning centers offer this; includes free pregnancy test and a pelvic exam for positive test
10. A place where you can go to get birth control, pregnancy testing, treatment for STI's.

Answers found at bottom of page 8

FAMILY PLANNING SERVICES

KNOW THE FACTS

**1 DID YOU
KNOW THAT...**

you can prevent
pregnancy after
unprotected sex?

There are many family planning centers in the five-county Philadelphia area that have confidential services for women, men and teens for free or at low cost.

To find the family planning center closest to you, please refer to pages 4-9.

There may be new family planning centers opening near you. For new locations, call the CHOICE Hotline.

BIRTH CONTROL

These centers have many kinds of birth control for adults and teens and can provide information about:

- ▶ **Hormonal Methods**
 - The Pill
 - Depo Provera
 - ECP
 - Nuva Ring
 - The Patch
- ▶ **IUD**
 - Hormonal
 - Non-hormonal
- ▶ **Barrier Methods**
 - Diaphragm
 - Cervical Cap
 - Condoms - male & female
 - Contraceptive Jelly, Cream, Foam & Film
- ▶ **Sterilization - male & female**
- ▶ **Natural Family Planning**

All listed forms of birth control may not be available at every clinic. If you hear about a new birth control method, call CHOICE for more information.

PREGNANCY TESTS

"I called the CHOICE Hotline because I thought I might be pregnant. I was upset, but the Hotline Counselor was very understanding. She gave me the names and phone numbers of family planning centers where I could go to get a pregnancy test. One was for a center where I would need to make an appointment. The other was for a center that had walk-in hours, so I wouldn't need an appointment.

At the center, the counselor talked with me about how I felt about being pregnant and we discussed my options: continuing the pregnancy and becoming a parent, adoption, or abortion."

Walk-in pregnancy testing is available at many centers. Please refer to the listing on page 11 for sites and times.

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ABOUT EMERGENCY CONTRACEPTIVE PILLS (ECP)

"Help... I've just had sex without birth control and I do not want to get pregnant."

In an emergency like this, you can take pills up to 72 hours after you have sex to help keep you from getting pregnant. They are called Emergency Contraceptive Pills (also known as Morning After Pills). These pills do not cause an abortion. If you are already pregnant, Emergency Contraception will not work, and it will not harm the pregnancy.

"How can I get Emergency Contraceptive Pills if I need them?"

You can get Emergency Contraceptive Pills from one of the family planning centers listed on pages 4-9, or call the CHOICE Hotline for a referral. If you think you need Emergency Contraception, do not wait. Time is important. Call now!

Emergency Contraceptive Pills are not a regular form of birth control. If you do not want to get pregnant, your family planning center will help you find a regular form of birth control that is right for you.

ECP is now available at pharmacies without a prescription for people 18 years and older with a valid state ID. Prices vary.

SEXUALLY TRANSMITTED INFECTIONS (STIs and HIV)

If you think you might have an STI like gonorrhea, chlamydia, genital warts, HPV (Human Papilloma Virus) or HIV (Human Immunodeficiency Virus), call a family planning center now! You can get tested for free or at low cost. It's confidential, so no one will know. All information is just between you and the center staff.

A vaccine to prevent HPV was approved by the FDA in 2006 for women ages 9-26. Call CHOICE or ask your clinician for more information.

You can check out www.not-2-late.com for more information about ECP.

2 DID YOU KNOW THAT...

your visit to the family planning center is confidential?

At family planning centers, did you know you can also get:

- ▶ complete pelvic exams (exam of the uterus, cervix and ovaries) or male exams (exam of the penis, testicals, and prostate)
- ▶ checked for anemia and high blood pressure
- ▶ confidential or anonymous HIV testing and facts about protecting yourself from HIV
- ▶ tests for cervical and breast cancer*
- ▶ STI testing and treatment for men and women

*If you need further testing, all centers can help you get a mammogram (x-ray of the breasts) or a colposcopy (a test for cervical cancer) for free or at low cost.

WHAT WILL IT COST?

"When I called the CHOICE Hotline, the counselor said the services are free or at low cost. All of the centers charge on a sliding fee scale, so how much you pay depends on how much money you make. They said that all of the centers will see me even if I don't have insurance or enough money to pay. Family planning centers accept most medical insurance. Bring your insurance card if you have one."

In early 2008 there will be an exciting opportunity for women 18 to 44 years old to apply for insurance for family planning services. Call CHOICE for more information.

FAMILY PLANNING SERVICES

FOR TEENS

TEENS, CHECK IT OUT!

All family planning centers provide services for teens. Some centers may have special times and staff just to see teens. Whether you are male or female, **call the CHOICE Hotline at 215-985-3300 or the Spanish line at 215-985-3350** to ask about special teen family planning centers.

Girls, you can get birth control, pregnancy tests, testing and treatment for STIs (sexually transmitted infections including HIV), pelvic, breast, and medical exams, and learn about your period and ovulation.

All of these services are free or low cost. Everything that happens is just between you, the center staff, and/or the doctor. It's important to talk to your parents, but you don't need their permission to go to a family planning center.

3 DID YOU KNOW THAT...

all services at family
planning centers are
FREE or low-cost?

CAN WE TALK?

"I go to the Health Resource Center at my high school to get information about sex and other things that concern me and my friends. I even get free condoms there. It's a place where you can talk about your problems and your thoughts without feeling like everyone in the school will know. Some of my friends even go there to talk about how to say 'no' to sex. Maybe your school has one or will be opening one soon — call CHOICE to find out."

SERVICES FOR GUYS TOO!

"I always thought family planning centers were only for women. I found out that many of the centers have services for guys too. It's free or low cost and confidential."

Men can get testing and treatment for STIs (sexually transmitted infections), get a physical exam and receive free condoms. It is especially important for men to get tested for chlamydia every year if they're sexually active, since it usually has no symptoms for guys.



FEEDBACK

CHOICE HOTLINE 215-985-3300

How was your experience at the clinic? Positive or problematic, call CHOICE and provide confidential feedback about the services that you received.

WWW.CHOICE - PHILA.ORG
WWW.WHERETO FIND.ORG
WWW.WHERE2FIND.MOBI

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WHERE 2 FIND FAMILY PLANNING CENTERS

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= SPANISH SPEAKING STAFF.

se habla español.



CENTER CITY

City Health Center #1
500 South Broad Street
Philadelphia, PA 19146
215-685-6571



Drexel University
Women's Care Center
1427 Vine Street, 7th Floor
Philadelphia, PA 19102
215-762-7824



LGBT Community Health Services
of Mazzoni Center
1201 Chestnut Street, 3rd Floor
Philadelphia, PA 19107
215-563-0658



Pennsylvania Hospital
Women and Children's Health Services
700 Spruce Street, Suite 200
Philadelphia, PA 19106
215-829-3525



Planned Parenthood
Elizabeth Blackwell Center
1211 Chestnut Street, 4th Floor
Philadelphia, PA 19107
215-496-9696



Planned Parenthood
Locust Street Center
1144 Locust Street
Philadelphia, PA 19107
215-351-5560



St. Chris Pediatric Associates
231 North Broad Street
Philadelphia, PA 19107
215-523-6589



Thomas Jefferson University Hospital
Benjamin Franklin Building
834 Chestnut Street, Suite 420
Philadelphia, PA 19107
215-955-6776/6777



Youth Health Empowerment Project
112 North Broad Street, 9th Floor
Philadelphia, PA 19102
215-564-6388 Ext. 11



NORTH PHILLY

Albert Einstein Adult Family Planning
OB/GYN Clinic - Paley Building 3
5501 Old York Road
Philadelphia, PA 19141
215-456-7180



Albert Einstein Medical Center
Teen Health Center
Paley Building, 1st Floor
5501 Old York Road
Philadelphia, PA 19141
215-456-7170



Broad Street Health Center
1415 North Broad Street, 2nd Floor
Philadelphia, PA 19122
215-235-7944



Congreso de Latinos Unidos, Inc.
216 West Somerset Street
Philadelphia, PA 19133
215-763-8870, Ext. 1010



City Health Center #5
1900 North 20th Street
Philadelphia, PA 19121
215-685-2933



City Health Center #6
321 West Girard Avenue
Philadelphia, PA 19123
215-685-3803 /3802



Hunting Park Health Center
Greater Philadelphia Health Action
1999 West Hunting Park Avenue
Philadelphia, PA 19140
215-228-9300
888-296-4742 appts.



St. Christopher's Hospital for Children
Adolescent Medicine
Nelson Pavilion, 2nd Floor
3601 A Street
Philadelphia, PA 19134
215-427-3802



NORTH PHILLY

Strawberry Mansion Health Center
2840 West Dauphin Street
Philadelphia, PA 19132
215-685-2401 /2425



PHMC Health Connection
1035 West Berks Street
Philadelphia, PA 19122
215-765-6690

Temple University Hospital
Outpatient Building, 8th Floor
3401 North Broad Street
Philadelphia, PA 19140
215-707-3232



Temple University Children's
Medical Center
3509 North Broad Street, 5th Floor
Philadelphia, PA 19140
215-707-5437



Woman to Woman Midwifery Practice
2701 North Broad Street, 1st Floor
Philadelphia, PA 19132
215-226-8820



Eleventh Street
Family Health Services at Drexel University
850 North 11th Street
Philadelphia, PA 19123
215-769-1100



4 DID YOU KNOW THAT...

some STIs have no
symptoms? Be tested for
STIs to be sure.

KENSINGTON/FRANKFORD

Episcopal Hospital Family Planning Clinic
Temple Physicians at Episcopal
100 East Lehigh Avenue
Philadelphia, PA 19125
215-707-1840



Frankford Avenue Health Center
Greater Philadelphia Health Action
4510 Frankford Avenue
Philadelphia, PA 19124
215-744-1302
888-296-4742 appts.



Kensington Hospital
136 West Diamond Street
Philadelphia, PA 19122



215-426-8100,
Ext. 6368 direct to clinic
Ext. 6009 appointments



Women's Care at Northeastern
2301 East Allegheny Avenue
Helene Fuld Building, 4th Floor
Northeastern Hospital Campus
Philadelphia, PA 19134
215-291-3700



NORTHEAST PHILLY



City Health Center #10
2230 Cottman Avenue
Philadelphia, PA 19149
215-685-0639 / 0640



Planned Parenthood
Castor Center
8210 Castor Avenue
Philadelphia, PA 19152
215-745-5966



5

DID YOU KNOW THAT...

your school may have a Health
Resource Center? Call the
CHOICE Hotline at 215-985-3300
for more information

GERMANTOWN



Abbotsford Family Practice
and Counseling
3205 Defense Terrace
Philadelphia, PA 19129
215-843-9720



Covenant House Health Services
251 East Brighthurst Street
Philadelphia, PA 19144
215-844-0181



City Health Center #9
131 East Cheltenham Avenue
Philadelphia, PA 19144
215-685-5701 / 5703 / 5742



Falls Family Practice and Counseling
4333 Kelly Drive
Philadelphia, PA 19129
215-843-2580



Rising Sun Health Center
500 Adams Avenue
Philadelphia, PA 19120
215-279-9666



CONFIDENCIAL • GRATIS • 6 DÍAS A LA SEMANA

LA LÍNEA DIRECTA DE
CHOICE
215-985-3300

PARA LLAMADAS DESDE FUERA DE FILADELPHIA
800-848-3367

ESPAÑOL
215-985-3350

TTY
215-985-3309

WWW.CHOICE-PHILA.ORG
WWW.WHERETO.FIND.ORG
WWW.WHERE2.FIND.MOBI

LUNES - JUEVES 8:30am - 7:30pm
VIERNES 8:30am - 5pm SÁBADO 9am - 1pm



SOUTH PHILLY

City Health Center #2
1720 South Broad Street
Philadelphia, PA 19145
215-685-1803 / 1801



Southeast Health Center
Greater Philadelphia Health Action
800 Washington Avenue
Philadelphia, PA 19147
215-339-5100
888-296-4742 appts.



Urban Solutions
1408 South Broad Street, 1st Floor
Philadelphia, PA 19146
215-755-0700



Wilson Park Medical Center
Greater Philadelphia Health Action
2520 Snyder Avenue
Philadelphia, PA 19145
215-755-7700
888-296-4742 appts.

6 Did YOU KNOW THAT...

you can get ECP at Family
Planning Centers within 72 hours
of having unprotected sex?

REPRODUCTIVE HEALTH CROSSWORD ANSWER KEY

ACROSS: 1. FEMALE CONDOM, 3. HEPB, 5. HIV,
6. PREGNANCY TEST, 8. ECP, 11. GENITAL
WARTS, 12. HORMONAL BIRTH CONTROL,
13. SLIDING FEE SCALE, 14. GONORRHEA,
15. CERVICAL CAP, 16. OVULATES, 17. STIS.
DOWN: 2. CHOICE HOTLINE, 4. BIRTH CONTROL
PILLS, 7. ADOPTION, 9. STEP AHEAD, 10. FAMILY
PLANNING CENTER.



WEST PHILLY

Children's Hospital of Philadelphia
3550 Market Street, 4th Floor
Philadelphia, PA 19104
215-590-3537



CHOP at Cobbs Creek
Primary Care Center
225 Cobbs Creek Parkway
Philadelphia, PA 19139
215-476-2223



City Health Center #3
555 South 43rd Street
Philadelphia, PA 19104
215-685-7504 / 7501 / 7502



City Health Center #4
4400 Haverford Avenue
Philadelphia, PA 19104
215-685-7601 / 7651



Haddington Health Center
5619-25 Vine Street
Philadelphia, PA 19139
215-471-2761



Health Annex at Myers
Recreation Center
5803 Kingsessing Avenue
Philadelphia, PA 19143
215-727-4721

Helen Dickens Center for
Women's Health (HUP)
One East Gates Building
3400 Spruce Street
Philadelphia, PA 19104
215-662-2730



Woodland Avenue Health Center
Greater Philadelphia Health Action
5000 Woodland Avenue
Philadelphia, PA 19143
215-726-9807
888-296-4742 appts.



WHERE 2 FIND FAMILY PLANNING CENTERS

IN THE SUBURBS



= PROVIDES MEDICAL
SERVICES, COUNSELING
AND CONDOMS TO BOTH
MALES & FEMALES.

ofrecen servicios médicos,
consejería y condones para
hombres y mujeres.



= TEENS UNDER THE AGE OF
18 MAY BE CHARGED A FEE.

puede haber un costo para
personas menores de
18 años.



= SPANISH SPEAKING STAFF.

se habla español.



BUCKS COUNTY

Planned Parenthood Bensalem
Centre Plaza Shopping Center
2185 Galloway Road
Bensalem, PA 19020
215-638-0629



Planned Parenthood
Bristol
721 New Rodgers Road
Bristol, PA 19007
215-785-4591



Planned Parenthood
Doylestown
The Atrium, Suite 2E
301 South Main Street
Doylestown, PA 18901
215-348-0555



Planned Parenthood
Quakertown
1532 Park Avenue, Suite 108
Quakertown, PA 18951
215-536-2684



Planned Parenthood
Warminster
610 Louis Drive 2nd Floor
Warminster, PA 18974
215-957-7980



CHESTER COUNTY

Planned Parenthood
Avondale Health Center
1660 Baltimore Pike
Avondale, PA 19311
610-268-8848



Planned Parenthood
Coatesville Health Center
1001 East Lincoln Highway, Suite 101 A
Coatesville, PA 19320
610-383-5911



CHESTER COUNTY

Planned Parenthood
Phoenixville Health Center
1041 West Bridge Street, Door D
Suite 10A
Phoenixville, PA 19460
610-935-0599



Planned Parenthood
West Chester Health Center
8 South Wayne Street
West Chester, PA 19382
610-692-1770



DELAWARE COUNTY

Ches Penn Health Services
125 East 9th Street
Chester, PA 19013
610-872-6131



Ches Penn Health Services
2600 West 9th Street, Suite B
Community Hospital
Chester, PA 19013
610-859-2059

Crozer Chester Medical Center
Family Planning Service
Pearl Hall
1 Medical Center Boulevard
Upland, PA 19013
610-447-2200

Midwives of Delaware County
Barclay Square Shopping Center
1560 Garrett Road
Upper Darby, PA 19082
610-284-3300

Planned Parenthood Media Center
216 West State Street
Media, PA 19063
610-566-2830



DELAWARE COUNTY

Planned Parenthood St. Davids Center
515 East Lancaster Avenue
Medical Building
Wayne, PA 19087
610-687-9410



Planned Parenthood Yeadon Center
605-07 Cedar Avenue
Yeadon, PA 19050
610-626-9482

MONTGOMERY COUNTY

Delaware Valley Community Health, Inc.
Norristown Regional Health Center
133 West Main Street
Norristown, PA 19401
610-278-7787

Lankenau Hospital
Outpatient Department
Lancaster & City Line Avenues
Wynnewood, PA 19096
610-645-3067

Planned Parenthood Ambler Center
19 Lindenwold Avenue
Ambler, PA 19002
215-542-8370

Planned Parenthood Collegeville Center
78 Second Avenue, Suite 1A
Collegeville, PA 19426
610-409-8891

Planned Parenthood Norristown Center
1220 Powell Street
Norristown, PA 19401
610-279-6095

Planned Parenthood Pottstown Center
644 High Street (rear entrance)
Pottstown, PA 19464
610-326-8080



**DID YOU
KNOW THAT...**

guys can get services at
family planning centers too?

STEP AHEAD WALK-IN

PREGNANCY TESTING CENTERS

IN PHILLY

Some family planning centers offer confidential Step-Ahead pregnancy testing where you can walk-in for a pregnancy test without an appointment and talk with someone about the results. Look at the listing below for a center near you.

Many other sites listed in this book offer walk-in pregnancy testing. Ask about walk-in services when calling a clinic or call CHIOICE for more information 215-985-3300.

Algunos centros ofrecen el programa. "Paso Adelante" a los cuales usted puede ir para una prueba de embarazo sin cita previa y hablar con alguien sobre los resultados. Mire la lista para encontrar un centro cerca de usted. El programa "Paso Adelante" es confidencial y gratis o a muy bajo costo.

En este libro también puede conseguir otros centros que ofrecen el programa "Paso Adelante." Pregunte si tienen horarios para llegar sin cita previa, o llame a la Línea directa de CHIOICE, al 215-985-3350.

WHERE	WHAT DAY(S)	WHAT TIME (S)
CENTER CITY		
DREXEL UNIVERSITY WOMEN'S CENTER - VINE STREET 215-762-7823 x4	MONDAY - THURSDAY	9:00am - 11:30am; 2:00pm - 4:00pm
YHEP 215-564-6388 x 11	FRIDAY	9:00am - 11:30am
	TUESDAY	11:00am - 4:30pm
	WEDNESDAY	2:00pm - 4:00pm
	THURSDAY	2:00pm - 6:30pm
	FRIDAY	11:00am - 4:00pm
GERMANTOWN		
COVENANT HOUSE HEALTH SERVICES 215-844-0181	MONDAY - FRIDAY	9:00am - 11:00am; 1:00pm - 4:00pm
NORTH PHILADELPHIA		
ADOLESCENT CLINIC ALBERT EINSTEIN HEALTHCARE NETWORK 215-456-7170	TUESDAY & THURSDAY	9:00am - 10:00am 1:00pm - 2:00pm
BROAD STREET HEALTH CENTER 215-235-7944	MON., TUES., WED., FRI. THURSDAY	8:30am - 5:00pm 8:30am - 8:00pm
ST. CHRISTOPHER'S HOSPITAL FOR CHILDREN ADOLESCENT CLINIC 215-427-3802	WEDNESDAY	3:00pm - 4:30pm
NORTHEAST PHILADELPHIA		
CITY HEALTH CENTER #10 215-685-0639	WEDNESDAY (will see first 15 patients)	sign up starts at 4:00pm testing 5:00pm - 7:30pm
SOUTH PHILADELPHIA		
CITY HEALTH CENTER #2 215-685-1803	THURSDAY (will see first 15 patients)	sign up starts at 4:30pm testing 5:00pm - 8:00pm
WEST PHILADELPHIA		
HADDINGTON HEALTH CENTER 215-471-2761	MONDAY & THURSDAY TUE., WED., & FRI. SATURDAY	9:00am - 8:00pm 9:00am - 5:00pm 9:00am - 12:00pm
HELEN DICKENS CENTER FOR WOMEN'S HEALTH 215-662-2730	MONDAY	4:30pm - 7:00pm

FAST FACTS

HIV

- ▶ HIV is transmitted through blood, semen, vaginal secretions, and breast milk.
- ▶ HIV cannot be transmitted through casual contact, for example, shaking hands, hugging, or kissing.
- ▶ HIV tests are most accurate 3 to 6 months after a risk
- ▶ HIV is not diagnosed by someone's symptoms. To know whether a person has HIV, an HIV antibody test must be done. HIV testing can be free and confidential or anonymous.
- ▶ A woman's chance of being infected by a man with HIV is twice as great as a man's chance of being infected by a woman with HIV.
- ▶ As many as one in four people with HIV do not know they have the virus.

STIs

- ▶ Up to 75% of sexually active women and men will get an STI of some kind. It is very possible to be asymptomatic (have no symptoms) when infected with an STI. Even when a person is asymptomatic, they can transmit an infection to others.
- ▶ For a woman, normal vaginal discharge is clear or white in color and does not have a strong odor. If your discharge changes color, has a strong odor, or you begin to have more discharge than normal, it could be a sign that you have an infection. For a man, any discharge from your penis could be a sign of an infection.
- ▶ Although teens and young adults represent only 25% of the sexually active population, 15–24 year-olds account for nearly half of all STI diagnoses each year.

BIRTH CONTROL

- ▶ Hormonal birth control does not protect against STIs or HIV.
- ▶ Emergency Contraceptive Pills (ECP) can be taken within 72 hours of unprotected sex to help prevent pregnancy. ECP is available at family planning clinics and now over-the-counter at most pharmacies for people 18 years and older.
- ▶ Birth control is less effective when a woman is using antibiotics and should be accompanied with a back-up method like condoms.
- ▶ There are 15 to 20 different types of birth control methods available. Some are hormonal and some are non-hormonal.

PREGNANCY

- ▶ Every year 85% of women aged 15–44 who don't use birth control during vaginal sex become pregnant.
- ▶ A woman is most fertile (able to become pregnant) when she is ovulating. A woman ovulates 14 days before the first day of her next menstrual period. Having sex during the week before ovulation can also result in pregnancy.
- ▶ If you have had unprotected sex and missed a period, then it is possible you might be pregnant.
- ▶ If you are pregnant you have options.

VIH

- ▶ El VIH es transmitido a través de sangre, fluidos vaginales, semen y leche materna.
- ▶ El VIH no puede ser transmitido por contacto casual por ejemplo dar la mano, abrazar o besar.
- ▶ Las pruebas del VIH son más exactas después de 3 a 6 meses del riesgo.
- ▶ El VIH no es diagnosticado por los síntomas que alguien pueda tener: Para saber si una persona tiene VIH, tendrían que hacerse una prueba. La prueba del VIH puede ser gratis y confidencial o anónima.
- ▶ El riesgo de una mujer ser infectada por un hombre que tiene VIH es doblemente mayor que un hombre ser infectado por una mujer que tiene VIH.
- ▶ Una de cada cuatro personas infectadas con el VIH no saben que tienen el virus.

ITS

- ▶ Hasta un 75% de mujeres y hombres sexualmente activos contraerán algún tipo de infección transmitida sexualmente (ITS).
- ▶ Es posible no tener síntomas de ITS durante la infección. Aunque no presente síntomas podría infectar a otras personas.
- ▶ Para las mujeres los fluidos vaginales normales serían transparentes o blancos y no tienen un olor fuerte. Si los fluidos cambian de color, tienen un olor fuerte o tienen mas fluidos de lo normal pueden ser síntomas de alguna infección. Para los hombres cualquier fluido del pene es un síntoma de infección.
- ▶ Aunque los jóvenes representan el 25% de la población sexualmente activa, jóvenes de 15 a 24 años son la mayoría de los diagnósticos de ITS anualmente.

Métodos Anticonceptivos

- ▶ Los anticonceptivos hormonales no protegen en contra de ITS o VIH.
- ▶ Las pastillas anticonceptivas de emergencia pueden ser tomadas dentro de 72 horas de haber tenido relaciones sexuales sin protección para ayudar a prevenir un embarazo. Las pastillas de emergencia anticonceptivas están disponibles en clínicas de planificación familiar y también sin receta en varias farmacias para personas mayores de 18 años.
- ▶ Los métodos anticonceptivos hormonales serán menos efectivos durante el uso de algunos antibióticos y es recomendado que utilice otros métodos de protección como los condones.
- ▶ Hay alrededor de 15 a 20 tipos de métodos anticonceptivos disponibles. Algunos métodos contienen hormonas y otros no contienen hormonas.

Embarazo

- ▶ Anualmente el 85% de las mujeres de 15-44 años que no utilizan algún método anticonceptivo durante un acto sexual vaginal quedaran embarazadas.
- ▶ Una mujer esta más fértil durante la ovulación. La ovulación ocurre 14 días antes de su primer día de la próxima menstruación. Tener alguna relación sexual sin protección durante la semana antes de ovular podría también resultar en un embarazo.
- ▶ Si ha tenido alguna relación sexual sin protección y no le ha llegado la menstruación, es posible que este embarazada.
- ▶ Si estás embarazada tienes opciones.

CÓMO ENCONTRAR

LOS SERVICIOS DE PLANIFICACIÓN FAMILIAR

En los cinco condados del área de Filadelfia hay muchos centros de planificación familiar que ofrecen servicios confidenciales, gratis o a bajo costo para mujeres, hombres y jóvenes.

Para encontrar el centro más cercano a usted pase a las páginas 4 a 9.

Podría haber un centro de planificación familiar por abrir cerca de usted. Llame a la Línea Directa de CHOICE para informarse sobre nuevos lugares.

"Es importante tener la información correcta."

MÉTODOS ANTICONCEPTIVOS

Estos centros tienen varios métodos de planificación familiar tanto para los adultos como para los jóvenes. Algunos de éstos son:

- ▶ pastillas anticonceptivas
- ▶ condones
- ▶ condones "femeninos"
- ▶ espermicidas en forma de jalea, crema, espuma y supositorio
- ▶ inyección anticonceptiva (Depo Provera)
- ▶ diafragma
- ▶ anillo vaginal anticonceptivo (NuvaRing)
- ▶ "IUD" — dispositivo intrauterino
 - Hormonal
 - Non-hormonal
- ▶ parche anticonceptivo (Patch)
- ▶ esterilización para hombres y mujeres
- ▶ pastillas anticonceptivas de emergencia ("pastillas de la mañana siguiente")

Algunos de los métodos de anticonceptivos mencionados no estarán disponibles en todas las clínicas. Por favor llame a la línea directa de CHOICE para información específica.

1 ¿SABÍA USTED QUE...

puede prevenir quedar embarazada después de tener relaciones sexuales sin protección?

PRUEBA DE EMBARAZO

"Llamé a la Línea Directa de CHOICE porque pensaba que estaba embarazada. Me sentía preocupada pero la consejera de la Línea de CHOICE fue muy amable. Ella me dio los nombres y números de teléfono de los centros de planificación familiar donde podía ir y conseguir una prueba de embarazo. Uno de los números era de un centro para cual se necesita cita. El otro era un centro donde podía ir sin haber hecho una cita. En el centro la consejera habló conmigo sobre cómo me sentía acerca de mi embarazo y hablamos sobre las alternativas que (yo) tenía: tener el bebé y criarlo, adopción o tener un aborto."

Usted puede obtener un examen de embarazo sin cita previa en algunos centros. Vea la página 11 para una lista con horarios y direcciones.

SOBRE LAS PASTILLAS ANTICONCEPTIVAS DE EMERGENCIA (PAE)

“Ayúdeme... Acabo de tener relaciones sexuales sin protección y no quiero quedar embarazada.”

En una emergencia como ésta, las pastillas anticonceptivas de emergencia se pueden tomar dentro de las primeras 72 horas después de haber tenido relaciones sexuales sin protección o si el condón se rompe. Estas pastillas podrían ayudar a evitar un embarazo pero si usted ya está embarazada no hacen daño al feto y no causan un aborto.

¿Como puedo conseguir las Pastillas Anticonceptivas de Emergencia si las necesito?

Usted puede conseguir las pastillas anticonceptivas de emergencia llamando a uno de los centros de planificación familiar en las paginas 4 a 9 o llame a la línea directa de CHOICE. Si usted piensa que las necesita, no espere, el tiempo es importante. ¡Llame ahora!

Las pastillas anticonceptivas de emergencia no son un método regular de planificación familiar. Si usted no quiere quedar embarazada, su centro le ayudará a conseguir el mejor método anticonceptivo para usted.

Las pastillas anticonceptivas de emergencia ya están disponibles sin receta en farmacias para personas mayores de 18 años con una identificación de estado válida, los precios varían.

2 ¿SABÍA USTED QUE...

todos los servicios de los centros de planificación familiar son GRATIS o a BAJO COSTO?

INFECCIONES DE TRANSMISIÓN SEXUAL (ITS y el VIH)

Si usted piensa que puede tener una infección de transmisión sexual (ITS) como la gonorrea, verrugas venéreas, VPH (virus del papiloma humano), VIH (virus de la inmunodeficiencia humana) u otros, llame a un centro de planificación familiar ahora mismo! En estos centros le pueden hacer las pruebas gratis o a bajo costo. Todo es confidencial, así que todos los servicios e información quedaran entre el medico, la consejera y usted.

La vacuna para prevenir el virus del papiloma humano fue aprobada por el FDA en el 2006 para mujeres entre las edades de 9-26 años. Llame a choice o comuníquese con su clínica para más información.

Sabias que en las clínicas de planificación familiar tambien puedes obtener:

- ▶ exámenes pélvicos (útero, cuello de la matriz y ovarios) y también exámenes para hombres (próstata, pene y testículos)
- ▶ exámenes de anemia y presión sanguínea
- ▶ pruebas de VIH confidencial o anónima e información sobre cómo protegerse del VIH
- ▶ exámenes para cáncer del útero (pap) y senos*
- ▶ exámenes y tratamientos para infecciones transmitidas sexualmente (ITS) para hombres y mujeres

***Si necesita exámenes adicionales los centros le pueden ayudar a conseguir pruebas de mamografía (rayos X del seno) y colposcopia (prueba para cáncer del útero) gratis o a bajo costo.**

“¿CUÁNTO VA A COSTAR?”

“Cuando llamé a la línea directa de CHOICE me dijeron que en todos centros de planificación familiar los servicios son gratis o a bajo costo dependiendo de mi ingreso. También me dijeron que aun cuando no tenga seguro o dinero para pagar me pueden atender y que los centros aceptan la mayoría de los seguros médicos, traiga su tarjeta médica cuando usted vaya a su cita.

A principios del 2008 las mujeres entre las edades de 18 a 44 años tendrán la gran oportunidad de solicitar un seguro para los servicios de planificación familiar. Para mas información llame a la línea directa de CHOICE.

¡JOVEN, MIRA ESTO!

Algunos centros tienen horarios y personal especial para jóvenes. Llama a la línea directa en Español de CHOICE, 215-985-3350 y pregunta sobre los centros especiales para jóvenes.

¡Chicas! Pueden recibir métodos anticonceptivos, pruebas de embarazo, tratamientos y pruebas de infecciones transmitidas sexualmente (ITS), pruebas de VIH, exámenes pélvicos, del seno y médicos, también pueden hablar sobre la menstruación y ovulación.

Todos estos servicios son gratis o a bajo costo, tambien son confidenciales, todo se queda entre la consejera, el médico y tú. Es importante que hables con tus padres; pero no necesitas el permiso de ellos para ir a un centro de planificación familiar.

¿PODEMOS HABLAR?

“Voy al centro de recursos de salud en mi escuela para conseguir información sobre educación sexual y otras cosas interesantes para mí y jóvenes de mi edad. ¡Hasta consigo condones gratis! Puedes hablar de tus problemas y tus secretos sin sentirte que todo el mundo en la escuela se va a enterar. Incluso, algunas de mis amigas van al centro para hablar sobre como decir ‘no’ al sexo.

Tal vez tu escuela tenga uno o va a abrir uno pronto, llama a la línea directa de CHOICE para mas información.”

SERVICIOS PARA LOS HOMBRES

“Siempre pensé que los centros de planificación familiar eran sólo para las mujeres. Descubrí que muchos de los centros también tienen servicios para los hombres, y que son gratis o a bajo costo y siempre confidenciales.”

Los hombres pueden obtener pruebas y tratamiento para las infecciones de transmisión sexual (ITS), obtener un examen físico y recibir condones gratis. Es muy importante que los hombres vayan a hacerse la prueba para chlamydia todos los años, por que generalmente no tiene síntomas en los hombres. Los servicios para los hombres son totalmente confidenciales también.

CONFIDENCIAL • GRATIS • 6 DIAS A LA SEMANA

LA LÍNEA DIRECTA DE
CHOICE
215-985-3300

PARA LLAMADAS DESDE FUERA DE FILADELFA
800-848-3367

ESPAÑOL
215-985-3350

TTY
215-985-3309

WWW.CHOICE-PHILA.ORG
WWW.WHERETOFind.ORG
WWW.WHERE2Find.MOBI

LUNES - JUEVES 8:30am - 7:30pm
VIERNES 8:30am - 5pm SABADO 9am - 1pm

SOME WEB SITES 2 CHECK OUT

FOR MORE INFORMATION ON SEXUAL
HEALTH AND FAMILY PLANNING:

ESPECIALLY FOR
TEENS & PEOPLE
WHO WORK WITH
TEENS:

<http://www.advocatesforyouth.org>

Programs, resources, and news related to teen sexual health.

<http://www.teenwire.com>

A Planned Parenthood web site just for teens. Information, advice, stories and more.

<http://www.cfoc.org>

A web site for "Campaign for our Children," an abstinence based teen pregnancy prevention program.

<http://www.talkingwithkids.org>

A web site for parents about how to communicate with their children.

FOR EVERYONE:

www.not-2-late.com

Information on emergency contraception and referrals to clinics that provide emergency contraception.

<http://www.goaskalice.columbia.edu>

Advice about health-related topics, ranging from relationships to smoking.

www.unspeakable.com

Information on sexually transmitted infections.

LOCAL PAGES:

Check out these web sites for the most up-to-date information on local family planning centers.

www.familyplanning.org

The web site of the Family Planning Council. Information on family planning and sexual health. Lists of family planning centers in the Philadelphia area.

www.choice-phila.org

Directories of sexual and reproductive health and HIV/AIDS services in Pennsylvania and New Jersey as well as information about CHOICE hotlines, programs, and activities.

www.choiceteens.org

Sexual and reproductive health information and activities especially for youth.

CONFIDENTIAL • FREE • 6 DAYS A WEEK

CHOICE HOTLINE
215-985-3300

FOR CALLS OUTSIDE OF PHILADELPHIA
800-848-3367

ESPAÑOL
215-985-3350

TTY
215-985-3309

WWW.CHOICE-PHILA.ORG
WWW.WHERETO.FIND.ORG
WWW.WHERE2.FIND.MOBI

MONDAY - THURSDAY 8:30am - 7:30pm
FRIDAY 8:30am - 5pm SATURDAY 9am - 1pm

HIDDEN MESSAGE WORD SEARCH

To solve the puzzle find all the words, then hidden message will be revealed

T	C	A	I	D	Y	M	A	L	H	C	A	G	L
L	S	R	E	C	H	O	I	B	M	C	E	E	H
O	T	E	L	C	I	N	P	E	O	F	O	N	R
I	N	V	T	F	P	E	O	R	D	M	A	I	T
I	O	O	E	Y	H	N	A	N	N	D	R	T	E
F	E	R	R	C	C	R	A	L	O	S	F	A	O
R	B	P	I	R	N	N	T	H	C	C	O	L	N
T	R	O	O	L	S	E	A	S	T	I	H	W	I
V	A	P	N	E	D	P	N	N	R	E	G	A	N
A	N	E	X	C	Y	T	E	I	G	S	T	R	I
N	G	D	O	W	M	K	Z	Z	T	E	A	T	F
P	E	L	V	I	C	E	X	A	M	S	R	S	I
G	O	N	O	R	R	H	E	A	B	C	B	P	R
N	O	I	T	A	L	U	V	O	L	O	C	A	E

ABSTINENCE
CHLAMYDIA
CONDOM
DEPOPROVERA
ECP
GENITALWARTS
GONORRHEA
HEPB
OVULATION
PELVICEXAM
PREGNANCYTEST
SEX

ANSWER

CALL CHOICE HOTLINE FOR INFORMATION AND REFERRALS FOR BIRTH CONTROL, STI, HIV, AND PREGNANCY TESTING

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2007 / 2008

INFORMATION & RESOURCES

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WWW.WHERE2Find.MOBI

A black silhouette of the Philadelphia skyline is positioned at the bottom of the page. It includes several prominent buildings, such as the Independence Hall with its iconic dome, and the Comcast Center with its tall, pointed spire. The skyline is set against a background of a light blue grid of small dots.

**For more copies, call the CHOICE
administrative office at 215-985-3355.**

CHOICE, 1233 Locust Street, Suite 301, Philadelphia, PA 19107
www.choice-phila.org

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