



SexualHealth
WIRRAL

Think... Contraception ...before 21 days!



**Fertility can return
21 days after birth**

Get advice early and choose
the right contraception
option for you.

**Make a plan. Be prepared.
Before 21 days.**

For more information
scan the QR code.



In partnership:

Wirral Community Health and Care NHS Foundation Trust (WCHC)
Liverpool University Hospitals NHS Foundation Trust (LUHFT) and
access sexual health



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