

1 month

1	MON	TUES	WED	THUR	FRI	SAT	SUN
2	MON	TUES	WED	THUR	FRI	SAT	SUN
3	MON	TUES	WED	THUR	FRI	SAT	SUN
4	MON	TUES	WED	THUR	FRI	SAT	SUN



Mark the days on your calendar.

It will help you to remember when to change your patch.

See your GP or doctor when you need more patches.

You should still use condoms when having sex.

Condoms can prevent sexually transmitted infections.

You can get free condoms from:

- Sexual Health Clinics
- some GPs in Forth Valley
- online by post from
<https://www.freecondomscentral.co.uk>

Or you can buy them from supermarkets or pharmacies.

To book an appointment at your local Sexual Health Clinic call 01324 673554 or check the website for local clinic times.

[Services for All \(centralsexualhealth.org\)](http://centralsexualhealth.org)

www.centralsexualhealth.org

Remember that it is your choice if you want to have sex or not.

You should never have sex if you don't want to.

January 2023