

## Other Sexual Health Resources

### **Center for Health Promotion**

Lower Level, Hammond Health Center  
Ithaca College  
Ithaca, NY 14850

**phone: (607) 274-7933**

[www.ithaca.edu/sacl/healthpromotion](http://www.ithaca.edu/sacl/healthpromotion)

Free to Ithaca College students:

- Condoms and dental dams
- Lubricants
- Health information and brochures
- Information about other sexuality-related resources on campus.

### **HIV Primary Care Clinic**

Ithaca Free Clinic  
521 West Seneca Street  
Ithaca, NY

Thursday, 8:30 am – 12:30 p.m.

Ithaca, NY 14850

Phone: 607-795-8161

[www.arnohealth.org/offices/hiv-ithaca-clinic](http://www.arnohealth.org/offices/hiv-ithaca-clinic)

### **Planned Parenthood**

314 W. State Street  
Ithaca, NY 14850

**phone: (607) 273-1513**

[www.plannedparenthood.org/ppsfl](http://www.plannedparenthood.org/ppsfl)

### **Southern Tier Aids Program (STAP)**

314 West State Street  
Ithaca, NY 14850

**phone: (607) 272-4098**

[www.stapinc.org](http://www.stapinc.org)



Hammond Health Center

## **Sexual Health Services at Ithaca College**



**607-274-3177**

[www.ithaca.edu/sacl/healthcenter](http://www.ithaca.edu/sacl/healthcenter)

## **Appointments at Hammond Health Center**

For sexual health services,  
please make an appointment  
by calling  
**(607) 274-3177**

In the case of a medical  
emergency, contact:

### **On campus:**

Office of Public Safety  
**(607) 274-3333**

### **Off campus:**

911

**607-274-3177**

[www.ithaca.edu/sacl/healthcenter](http://www.ithaca.edu/sacl/healthcenter)

Hammond Health Center is committed to providing caring, quality, and confidential sexual health services for IC students, inclusive of all sexual practices, sexual orientations, and gender identities.

### Medical Exams



If you have ever had any type of sexual activity, it's important to receive regular preventive health care. Medical exams at the Health Center are provided at no charge to IC students.

Cervical cancer screening (PAP test) is recommended for anyone with a cervix, including females of all sexual orientations and trans men who retain a cervix. The first PAP test is recommended at age 21. The PAP Test screens for cervical cancer and human papilloma virus (HPV). In addition, the Health Center offers HPV vaccination.

### Pregnancy Testing

Pregnancy tests are for sale at the front desk of the Health Center. Urine or blood lab testing for pregnancy is also available by appointment.

### STI Testing and Treatment (Sexually Transmitted Infections)

Hammond Health Center can send lab testing for chlamydia, gonorrhea, syphilis, herpes, and hepatitis. Results are usually back in 1-3 days. Clinician can do medical exams for viral STIs such as genital warts, herpes, and molluscum contagiosum. For payment, the reference lab will bill the cost of STI tests to your health



insurance, which may cover most or all of the cost. Talk to your clinician if you have any financial or confidentiality concerns about the billing of STI testing to your (or your parents') insurance, as other options may be available. Clinicians can also provide treatment of STIs with medications that are available in the Health Center.

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Get connected **HERE**  
[www.tc-std.org](http://www.tc-std.org)  
for **Peace of Mind**



### Free HIV Testing

Hammond Health Center provides free, rapid HIV testing for students (cheek swab). The test is confidential (NOT anonymous), with results provided on the same day. Pre-exposure prophylaxis for HIV (PrEP) is available at the HIV Primary Care Clinic in downtown Ithaca.

### Prescription Birth Control

Prescriptions for oral contraceptives (pills) can be written at Hammond Health Center and filled at the pharmacy of your choice. The cost is usually covered by insurance.

Your clinician can also provide prescriptions for the vaginal ring (Nuva Ring), birth control shot (Depo-Provera), and the birth control patch (Ortho-Evra). You must have an appointment with a clinician in order to obtain a prescription, but a medical exam is NOT required. The IUD and the birth control implant (Nexplanon) are available at Planned Parenthood in Ithaca or from your own doctor's office.

### Emergency Contraception Pills (ECP)

ECP, also known as the morning-after pill or Plan B, is an over-the-counter, safe and effective way to prevent pregnancy after unprotected intercourse. Emergency contraception pills are available at Hammond Health Center, Planned Parenthood, and local pharmacies.

ECP can be taken up to 3 days after unprotected intercourse. The sooner you take it, the better it will work. While emergency contraception should not be delayed, there is a prescription form of emergency contraception available that remains effective up to 5 days after unprotected intercourse.

You may want to use ECP if:

- You had vaginal intercourse without using a condom or any other form of birth control.
- The condom broke or slipped off during vaginal intercourse.
- You do not know if a condom was worn during vaginal intercourse.
- You forgot to take your birth control.
- You were sexually assaulted.

### Free Safer Sex Supplies

- In the Health Center lobby: male/external condoms.
- In the Center for Health Promotion and LGBT Center resource rooms (located on the lower level of the Health Center): male/external and female/internal condoms, lube, latex dams, and sexual health information.

