



Women's Sexual and Reproductive Health during the Coronavirus (COVID-19)

Sexual and reproductive health is still very important during the coronavirus (or COVID-19) pandemic. You can still catch a **sexually transmitted infection** and have an **unplanned pregnancy**. There will be less places open, but your doctor and the pharmacy (chemist shop) will stay open so you can get condoms, regular and emergency contraceptives and abortion as needed.

Some places where you usually can get free condoms may be closed. You might not be able to get condoms from condom machines in public toilets because they may be locked. You can still get condoms at supermarkets, pharmacies, petrol stations and online.

If you have had sex without a condom and you are worried, you can **get a test** to see if you have a sexually transmitted infection. It is a **free online test** at TESTme www.testme.org.au. This service or test is for people from rural Victoria that are:

- younger than 25 years old
- men who have sex with men and
- Aboriginal and Torres Strait Islander people

If you usually take the **contraceptive pill** it is important to keep taking it. Doctors' clinics can talk to you over the telephone or via video call about getting more contraceptive pills. Most appointments are bulk billed which means that you won't have to pay but check before booking. The doctor can send a copy of your prescription to your local pharmacy or directly to your home so that you can get more. You can get the **emergency contraceptive pill** by asking at the pharmacy.

Also, you can go online and find *Kin* (kinfertility.com.au) which will deliver your pill to your home. If you have an IUD or contraceptive implant (Implanon) and if you think it needs to be replaced, call your doctor to talk about it.

If you would like to **speak to someone** about contraception, pregnancy or sexual health **1800 my options** is a free, confidential sexual and reproductive health information helpline for Victorian women. Look at the website www.1800myoptions.org.au or phone 1800 696 784.

