MAINTAINING YOUR Sexual & Reproductive Health During COVID-19

Don’t Delay Family Planning Services During COVID-19

Health centers are open and all services are available. Waiting to take care of your sexual and reproductive health during the COVID-19 pandemic may negatively impact your health and put you and your partner at greater risk.

Practice Safer Sex

Whether we’re in a pandemic or not, you should still practice safer sex. If you have a partner and you don’t live in the same house, you can sext or go on a virtual date using video chat. If you live with your partner, follow the recommendations for isolation or quarantine if one of you is exposed to or infected with COVID-19. And remember, you are your safest sex partner – masturbation is always an option.

Prepare for the Rise in COVID-19 Cases

Keep birth control pills on hand and have a backup source of birth control, like condoms. If you have a long-term form of birth control, such as an IUD that is about to expire, contact your healthcare provider to find out if they can replace or remove it for you.

NJTFL provider health centers are taking steps to protect staff and patients from COVID-19. Talk to your local family planning provider today.