

# 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.

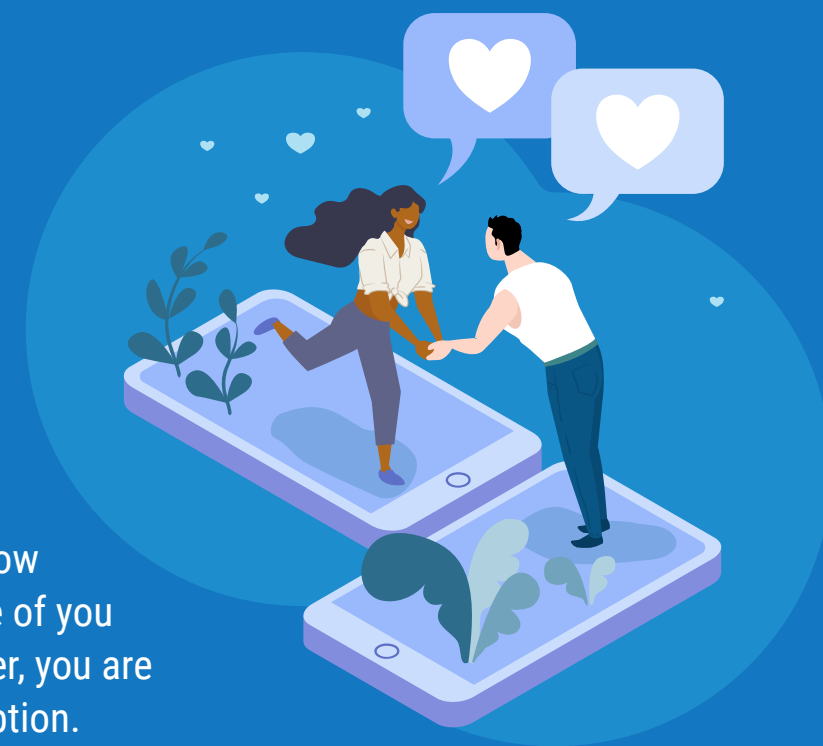


## Prepare for the Rise in COVID-19 Cases

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.

## 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.



NJFPL provider health centers are taking steps to protect staff and patients from COVID-19.

Talk to your local family planning provider today.