



How can I get STI testing/treatment, birth control, and other services?

- Taking care of your sexual health is important, even during a pandemic like COVID-19. This care could include STI testing and treatment, birth control, HIV care and treatment, and other services, like immunizations.
- For routine sexual health care, many health care providers are using phone and video appointments (telehealth) instead of in-person visits. This “no-touch” care reduces contact with other people, and the risk of getting COVID-19. Check with your local health care provider, health department, clinic, or hospital to see what sexual health services are available near you.
- In-person care and treatment are usually still available for people who have symptoms, are undergoing treatment, or have emergencies.
- For sexually transmitted infections:
 - If you have any STI symptoms, you should contact your health care provider or clinic and seek care right away. You should also do so if you have had sex with someone recently diagnosed with an STI. You should be able to get treatment via phone (telemedicine) and/or in-person.
 - If you have been diagnosed with an STI and are under treatment, it’s important to complete all medication and care with your provider.
 - If you are living with HIV or on PrEP, it’s important to talk with your health care provider about how you can safely access medications, screenings, and other services.
 - If you’d like to get routine screening for STIs, such as chlamydia or gonorrhea, check with your local provider, clinic, or health department about availability, including at-home testing. Given COVID-19, it might be more challenging to find in-person services. As a result, preventing STIs and practicing safer sex is key. To learn more, go to www.fiveactionsteps.org/step2.
- For birth control:
 - Access to birth control is essential for people who want to plan and/or prevent pregnancies. And, even during COVID-19, there are many options for doing so.
 - Many providers are currently offering birth control via phone or video appointments (telehealth) and some are currently seeing patients in-person. Check with your local provider, health department, or Planned Parenthood for options in your area.
 - If you currently have a birth control prescription, ask your provider to give you multiple refills at one time so that you can reduce your number of trips to the pharmacy. (This could include the pill, patch, ring, shot, and emergency contraception.)

- Or, consider ordering your birth control using an online option to get your prescription via mail without an in-person visit. (<https://www.bedsider.org/features/851-how-to-get-birth-control-delivered-right-to-your-door>)
- If you'd like to use a new method of birth control that requires an in-person visit (e.g., IUD or implant insertion), check with your local provider, community health center, and/or Planned Parenthood.
- Remember: you can always order condoms online or pick them up at your local store when shopping for essentials. Or, you might be able to get them for free or at reduced cost from local health departments, STD clinics, or health centers. Condoms can help prevent both STIs and pregnancy. (<https://www.bedsider.org/methods/condom>)