

Affordable Reproductive Health Care & Know Your State Vs National Rights During COVID-19

How do I get sexual health services during the COVID-19 pandemic?

Option 1: Planned Parenthood

Can I still go to Planned Parenthood for health care during the COVID-19 pandemic?

Planned Parenthood still provides the services and information you need — whether this is by phone, video, online, or in person. Many Planned Parenthood health centers are open and able to provide services, with precautions in place to protect the health and safety of patients and staff. Some Planned Parenthood health centers have had to reduce hours or suspend walk-in appointments. And some Planned Parenthood health centers have made the difficult decision to close during this time and refer patients to other locations or health care providers.

Health center hours and the services they provide will vary depending on the location and the laws in your area, and may change as the COVID-19 pandemic develops. So the best thing to do is call your local Planned Parenthood for the most up-to-date information on what's available near you.

What do I do if I need a birth control refill, or if my method is about to expire?

Call your nurse or doctor to see if they can send a refill prescription for the pill, patch, or ring straight to your local drugstore. Or you might be able to have your birth control mailed to you through your doctor's office or health insurance. You can ask if you can get a few extra months' supply of your method so you can stock up ahead of time.

Your local Planned Parenthood health center may also be able to help you get a birth control prescription or refill. And depending on the state you live in, you may be able to get the pill, patch, or ring online through the Planned Parenthood direct app.

If you can't get birth control from a doctor or nurse, some states also allow pharmacists to prescribe birth control. If you live in California, Colorado, the District of Columbia, Hawaii, Idaho, Maryland, New Mexico, Oregon, Utah, or West Virginia, you can call your local pharmacist to see if you can get a prescription for birth control. Birthcontrolpharmacies.com also has a handy map to help you locate many of the pharmacies that can prescribe birth control.

If your implant or IUD will expire soon, call the nurse or doctor who placed it to ask about getting a replacement. You may also be able to get a replacement at your local Planned Parenthood health center. If you can't get your implant or IUD replaced by the time it expires, use a backup method of birth control such as condoms.

Can I still get an abortion during the COVID-19 pandemic?

Abortions are still legal in all 50 states in the U.S. Many Planned Parenthood health centers and other abortion providers are still open and offering services at this time. But this situation is

changing every day as the COVID-19 pandemic develops. So the best thing to do is call your local Planned Parenthood health center or other abortion provider for the most up-to-date information.

Option 2: ACCESS

Healthline

ACCESS's bilingual Healthline, connects people throughout California to information, referrals and advocacy on sexual and reproductive health issues. They help people navigate programs that pay for health care and are experts in offering resources for abortion, adoption and parenting. When people are in need of housing, food or transportation to ensure timely access to abortion care, they connect them to a network of volunteers who can provide this support or to funds when volunteer resources are unavailable.

The ACCESS Healthline provides free, confidential and nonjudgmental information, referrals, peer counseling and advocacy on the full range of reproductive health services including abortion, birth control, pregnancy, prenatal care, pap smears and gyn care, infertility, and STD testing and treatment. We connect women with public insurance programs that pay for this care, such as FamilyPACT, Medi-Cal or AIM. We also refer to organizations that can help with other issues such as domestic violence, sexual assault, drug addiction, homelessness, child-care or job discrimination. We offer a dedicated full-time Spanish hotline, and additional languages are available by interpreter.

Hotlines

All these numbers are FREE and work ANYWHERE in the United States. You can call them from a pay phone or your home phone without cost - and the number won't show up on your phone bill!

All-Options: 1-888-493-0092

All-Options offers a safe and confidential space for women and their loved ones to talk openly about pregnancy, abortion, adoption and parenting. Call toll free from anywhere in the U.S. The hotline is answered Monday-Thursday from 5pm to 10pm and Friday-Sunday from 10am to 3pm (Pacific Time).

National Abortion Federation Hotline: 1-800-772-9100

The NAF Hotline is answered Monday-Friday 8am-10pm and Saturday-Sunday 9am-5pm (EST). NAF provides callers from the United States and Canada with non-biased, factual information about abortion in both English and Spanish. The NAF Hotline receives over 2500 calls a month from women, their partners, families and friends. It is the only national toll-free source of information about abortion.

Emergency Contraception Hotline: 1-800-584-9911 or www.not-2-late.com

If your condom broke, you didn't use birth control, or you were sexually assaulted, you still have 72 hours to prevent pregnancy! Find out how & where by contacting the EC hotline.

National Sexual Assault Hotline: 1-800-656-HOPE or www.thehotline.org

The Rape, Abuse & Incest National Network (RAINN) is the nation's largest anti-sexual assault organization. RAINN operates the National Sexual Assault Hotline and carries out programs to prevent sexual assault, help victims and ensure that rapists are brought to justice.

Option 3: Family PACT

Paying for sexual health services

Most private health insurance plans cover birth control, prenatal care, childbirth, maternity care, abortion care. They also cover STD/STI screening and testing, but they do not have to cover treatment. Check with your insurance provider to see if you are covered.

California also has free or low-cost programs that can help young people pay for this testing and treatment, if you need it. Family PACT is a state program that pays for many sexual and reproductive health services like pregnancy tests, birth control, STI testing and treatment, and counseling. The services are confidential, and you can get them regardless of your age or immigration status.

Requirements

You must be a resident of California at the time you apply for Family PACT. When you apply, you will need to know which county you live in.

Your income must be at or below 200% of the federal poverty income guidelines.

To enroll in Family PACT, you must have no other health care that covers your family planning needs.

It doesn't matter how old you are. If you are able to get pregnant or cause a pregnancy, you may be able to enroll in Family PACT.

Option 4: Rape Treatment Center

UCLA Medical Center, Santa Monica

The Rape Treatment Center provides comprehensive services for sexual assault victims – adults and children – 24 hours a day, including specialized medical care, forensic services, counseling, and information about rights and options. All RTC services are free.

For more information, call 424-259-7208.

Option 5: WRRAP

WRRAP is a non-partisan, non-profit organization helping women gain access to safe, legal abortion services and emergency contraceptives. We work with pre-qualified, reputable reproductive health clinics across the U.S. on behalf of disadvantaged women in need. WRRAP provides funds to pre-screened, pre-qualified health clinics across the nation on behalf of poor and disadvantaged women in need of abortion services or emergency contraceptives, on a case-by-case basis. Their affiliate clinics are members of Planned Parenthood Federation of America (PPFA) and National Abortion Federation (NAF), and both feature the latest, state-of-the-art facilities, and best practices and procedures. WRRAP does not demand repayment of funds and we never judge the women we assist. Their mission is to ensure that all women, from all walks of life, are afforded the equal opportunity to gain access to safe, legal abortion services and emergency contraceptives.

Know your rights to reproductive health care during COVID-19

- Under California law, you have the right to birth control, emergency contraception, pregnancy testing, prenatal care, abortion services, and testing and treatment for sexually transmitted infections (STDs/STIs).
- You do not need permission from anyone, including your parents or guardians and your partner. It is your right to get these health services confidentially – the clinic or doctor cannot tell anyone why you were there – unless you say it's okay.
- You also can leave school to access these services without getting permission from or telling your parents or guardians.
- Also, no one can force you to use birth control if you don't want to. You have the right to make your own decisions about using birth control and keep it private.
- In California, you can buy most emergency contraception from a pharmacy without a prescription, no matter how old you are.
- In California, you can get your birth control prescription and have it filled directly by a pharmacist, without going to see a doctor or clinician first.
- You can buy condoms without a prescription and without any age restriction.
- It's your right to keep going to school while you're pregnant and after your baby is born
- You also have the right to keep your pregnancy private. Your school cannot draw public attention to or reveal your pregnancy without your permission.
- If you didn't make adoption arrangements and you're about to give birth, don't panic. The law allows parents to drop off a newborn baby to a hospital or fire station up to three days after birth, without getting in trouble or having to give their names.
- If you want to end your pregnancy, you have the right to get an abortion for any reason until approximately 6 months after you become pregnant. You don't need anyone's permission and the law protects your privacy. However, you deserve support from someone who cares about you, like a parent, counselor, or friend. In many parts of California there are abortion doulas, or volunteers, who can go with you to your appointment so you don't have to go alone.

- If you're a young person in California, you have rights. If you believe any of your rights are being violated, call the ACLU of Northern California at (415) 621-2493.