



Getting Sexual & Reproductive Healthcare During COVID-19: A Guide for Young People in CA Foster Care

The Los Angeles Reproductive Health Equity Project for Foster Youth (LA RHEP)
www.fosterreprohealth.org

Getting In-Person Care

Q: Can I still get reproductive and sexual health care, including gender affirming care, at a clinic?

Yes! If you need sexual or reproductive health care, such as testing or treatment for sexually transmitted infections (STIs), HIV prevention medication (PrEP), birth control, pregnancy testing, prenatal care, or abortion, **you should not delay getting in contact with a doctor to discuss your options.** The following clinics remain open:

- In Los Angeles, there are seven **“Medical Hub Clinics”** throughout the county to provide healthcare for children and youth in foster care.
- Throughout California, **Planned Parenthood** continues to provide reproductive and sexual healthcare services. Please call 1-800-576-5544 before visiting a center in person.
- You also can use the **Teen Source Clinic Finder** to find a family planning clinic to call and inquire about appointments. If you have questions about particular clinics, contact Essential Access Health at stdprograms@essentialaccess.org.
- You also can call your regular provider or clinic to ask about their hours.

To protect yourself, other patients, and medical staff, call ahead to ask about procedures to follow when you go in for your appointment. If you have been exposed to someone with coronavirus or have any symptoms (fever, cough, shortness of breath), please call before visiting a clinic in person.

Getting Care and Supplies at Home

Q: Can I do a doctor’s appointment over the phone or internet?

- In Los Angeles County, the **Medical Hub Clinics** are offering phone appointments for youth in foster care. You can also get birth control refills over the phone.
- For those not in Los Angeles County, you can use the **Teen Source Clinic Finder** to find a clinic to call and inquire about phone appointments.
- **Planned Parenthood in Pasadena & San Gabriel Valley** is now offering **virtual telehealth visits**.

Q: Can I get birth control without going in person to a doctor or pharmacy?

- In Los Angeles County, the **Medical Hub Clinics** are allowing birth control refills over the phone.
- **Planned Parenthood Direct** is an app for your phone that allows you to order birth control.

- **Pandia Health** is an online service that can provide up to a year prescription of birth control by mail. They also provide emergency contraception. Pandia accepts Family PACT, MediCal, and other insurance.

Q: Can I get condoms delivered through the mail?

- Unfortunately, condom delivery services have been stopped temporarily. LA RHEP will keep you informed if and when this changes.

Q: I need tampons, pads, or a menstrual cup. Can I get them through the mail?

- Menstrual products can be purchased through any online store and shipped. They also can be purchased in grocery stores and pharmacies, which remain open. If you need help getting any products, you can speak to your caregiver or social worker. If you are having problems getting products you need, contact your attorney or the foster care ombudsman office.

General Information

Q: Can I have sex?

- The **New York City Health Department** released [guidance about navigating sex during the pandemic](#). In short, you should “avoid close contact - including sex - with anyone outside your household. If you do have sex with others, please have as few partners as possible and avoid group sex.”

Q: I am pregnant. How can I protect myself?

- Los Angeles’ Public Health Dept. has released a **[Guide for Pregnant Women](#)**.

Q: I have a question about sex, my body, love, or relationships and need a quick answer. Where can I go for trustworthy information online?

- The **Los Angeles Reproductive Health Equity Project for Foster Youth** has compiled some [trustworthy online resources](#).
- **John Burton Advocates for Youth** has [compiled online resources for all ages of youth in foster care](#).

Problems Getting the Care, Services, or Supplies You Need?

Q: I need care, services, or supplies, but: (a) my foster parent, group home, or social worker wants to wait until the ‘stay at home’ order is over, (b) I don’t have money to purchase more supplies, (c) my doctor’s office has no appointments available due to COVID-19, and/or (d) any other reason. What can I do?

- If you are in foster care in Los Angeles County, Placer County, or Sacramento County, you can call your attorney at **[Children’s Law Center](#)**.

- If you are in foster care anywhere in California, you can talk to the **Foster Care Ombudsman Office** to find out about all your rights, have someone hear what is going wrong, or get help. Go to fosteryouthhelp.ca.gov, call 1-877-846-1602, or email fosteryouthhelp@dss.ca.gov.

This is an evolving situation & above information may change in response. If you have questions, updates, or resources to contribute, please contact LA RHEP Director Lesli LeGras Morris at llegras@youthlaw.org.