

## **Fast Facts COVID-19 & Sexual and Reproductive Health**

COVID-19 is passed on through droplets that come out of your mouth and nose when you cough or exhale. This include the saliva of an infected person which means there is a great risk of passing on COVID through kissing and physical touching if one person has the virus.

### **COVID-19 and sex**

- ❖ COVID-19 is not a sexually transmitted infection, however it may be passed on during sexual intimacy.
- ❖ Take a shower and wash your hands and entire body with soap and water after returning home from work or just attending to errands on the road. Do this before engaging in sexual intimacy.
- ❖ **For further information that will help you make informed sexual and reproductive health choices during the COVID-19 pandemic, contact the NFPB or your nearest health centre.**

### **Are pregnant women at higher risk from COVID-19?**

There is no evidence that pregnant women are at higher risk of contracting COVID-19; however, due to hormonal changes in their bodies and immune system, pregnant women may be badly affected especially should they contract the virus. It is therefore important that they take precautions to protect themselves against COVID-19, and immediately report possible symptoms (including fever, cough or difficulty breathing) to their healthcare provider. Pregnant women should take the same precautions to avoid COVID-19 infection as other persons.

### **What care should be available to women during pregnancy and childbirth ?**

All pregnant women, including those with confirmed or suspected COVID-19 infection have the right to high quality care before, during and after childbirth. This includes mental health care.

If COVID-19 is suspected or confirmed, health workers should take all appropriate precautions to reduce risks of infection to themselves and others, including ensuring hand hygiene, and appropriate use of protective gears such as gloves, gown and medical equipment.

### **Can I touch and hold my newborn baby if i have COVID-19?**

Yes. Close contact and early exclusive breastfeeding helps a baby to thrive. You should be supported to

- breastfeed safely, with good respiratory hygiene;
- hold your newborn skin-to-skin, and
- share a room with your baby, wash your hands before and after touching your baby and keep all surfaces clean.

### **Is Contraception/Family Planning safe to use during the COVID-19 pandemic?**

Yes. All modern methods of contraception are safe to use during the COVID-19 pandemic and after.

If you have had a baby in the last six months or have a health conditions such as Diabetes, Hypertension or Cancer, please seek advice from a Health Care Professional to ensure you are using a method of contraception that is suitable and safe for you.

Adapted from *World Health Organization*