

**Preventing STIs and unplanned pregnancies are still important during lockdown**

There is less capacity at the moment within sexual and reproductive health services as staff are redeployed to respond to covid-19 and lab capacity is being used to support covid-19 testing. This is likely to continue for a while even when the restrictions start to be lifted.

We all need to do our part in making sure that we are not putting undue pressure on health services, and are protecting our own health and that of others. Although people are social distancing, it is still important to consider your sexual health if you live with your partner.

There are still emergency options and urgent services available for your sexual and reproductive health if needed. **Please do not go to a clinic unless told to do so**

**Sexually Transmitted Infections (STIs)**

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| Your concern…. | The advice…… | Who to contact……. |
| Experiencing symptoms of a STI?  | You should still be able to have a consultation with the Northern Contraception, Sexual Health and HIV Service. This will be by telephone and you may be sent a test kit through the post and could also be sent treatment via post.Where it is clinically necessary you will be given an appointment to attend the service.Your GP may also be able to give you advice. | Contact the Northern contraception Sexual health and HIV service or your GP**The Northern Contraception, Sexual health and HIV service**Please do not go to a clinic unless told to do so. Instead use one of the following optionsSame day telephone consultations are available to [book online](https://thenorthernsexualhealth.co.uk/Online-Booking) from 08:45 each morning Monday to Friday.https://www.thenorthernsexualhealth.co.uk/ Use the online booking service to book an appointment and the service will ring you back at the appointment time.There is also an emergency phone line for emergency cases (PEP (medication that can prevent HIV if taken after a recent exposure to HIV), sexual assault, emergency contraception and Under 16's). Based on the information you give they will assess each case individually and advise accordingly.Monday to Friday 08:30 - 15:30 Saturday 09:15 - 11:150161 701 1513. |
| Think you may have been exposed to HIV by having unprotected sex in the last 72 hours? | Post-exposure prophylaxis (PEP) is a preventative medication to take if you are at risk of contracting HIV. It must be started as soon as possible within 3 days of exposure. | Call The Northern Service’s emergency line.The Northern’s emergency phone line is for emergency cases including PEP (medication that can prevent HIV if taken after a recent exposure to HIV). 0161 701 1513.Monday to Friday 08:30 - 15:30 Saturday 09:15 - 11:15 |
| Think you might have HIV? | If you think you may have been exposed to HIV in the last three days follow the advice above for PEP.Testing for HIV can still be arranged and you can make an appointment for a telephone consultation with the local Sexual Health Service.BHA, George House Trust and LGBT Foundation are also providing telephone support. | You can order a self-sampling kit online from https://freetesting.hiv/ **The Northern Contraception, Sexual health and HIV service**Please do not go to a clinic unless told to do so.Same day telephone consultations are available to [book online](https://thenorthernsexualhealth.co.uk/Online-Booking) from 08:45 each morning Monday to Friday.https://www.thenorthernsexualhealth.co.uk/ Use the online booking service to book an appointment and the service will ring you back at the appointment time.<https://thebha.org.uk/>https://ght.org.uk/https://lgbt.foundation/ |
| Living with HIV and need support. | You can still receive online and phone support. | George House Trust can give support on 0161 274 4499 or email info@ght.org.uktalk@ght.org.ukAdvice from The Northern https://www.thenorthernsexualhealth.co.uk/Coronavirus%20(COVID-19)%20and%20HIVPeople living with HIV are strongly advised to visit the British HIV association website which has extensive information on COVID-19 - [BHIVA COVID-19 updates](https://www.bhiva.org/Coronavirus-COVID-19). |
| Need condoms? | Condoms can still be purchased online or through your local pharmacy or supermarket. There are also free condoms available for specific groups.  | The Freedoms Shop is an NHS sexual health promotion initiative run by NHS Central and North West London (CNWL). It sells sexual health products including condoms online<https://www.freedoms-shop.com/gmpash/>LGBT Foundation can provide free condoms for the LGBT community- <http://www.lgbt.foundation/condoms/order>BHA for Equality can provide free condoms to Greater Manchester residents from the Black and Asian minority community who are over 18. (email india@thebha.org.uk).People collecting medication from The Northern Service can also request condoms. |
| PrEP | Recruitment onto the PrEP Impact trial by The Northern has been suspended. For advice on suspending PrEP, changing how you take it and repeat prescriptions visit the Northern website.  | There is advice on the use of PREP at <https://www.thenorthernsexualhealth.co.uk/PrEP-Clinics> |
| I don't have any symptoms but would like an STI kit sent to me. | If you usually order STI test kits from the Northern website these are not being provided at the moment.As staff and lab capacity is being diverted to the COVID-19 response many services have stopped providing asymptomatic testing and are concentrating on providing services for those with symptoms. |  If you think you have been at risk and would like to talk to a clinician please use the online booking system to book a telephone consultation.Same day telephone consultations are available to [book online](https://thenorthernsexualhealth.co.uk/Online-Booking) from 08:45 each morning Monday to Friday.https://www.thenorthernsexualhealth.co.uk/ Use the online booking service to book an appointment and the service will ring you back at the appointment time. |

**Contraception**

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| Your concern…. | The advice…… | Who to contact……. |
| Your coil, implant or other form of long acting contraception is due to run out?  | The advice is that this may be able to remain in place for longer than usual; the sexual health service or your GP can advise.You can get a prescription for the progesterone only pill in the meantime to prevent pregnancy. | Call The Northern Service contraception line available Monday to Friday 09:00 - 15:000161 701 1523Under 19 year old - BrookCall Brook on 0161 237 3001 On Monday – Friday between 12.00-16.00 to book a telephone consultationSee the FSRH leaflet <https://www.fsrh.org/documents/advice-for-women-seeking-contraception-abortion-and-other/>  |
| You want a new coil, implant or other form of long acting contraception? | Sorry, you will need to wait. In the meantime you can get a prescription for the progesterone only pill to prevent pregnancy.In an emergency, following unprotected sex in order to prevent pregnancy, it may be possible to have a coil fitted. | From your GP for the progesterone only pill or call The Northern Service contraception line (see below). Call The Northern Service contraception line available Monday to Friday 09:00 - 15:000161 701 1523See the FSRH leaflet <https://www.fsrh.org/documents/advice-for-women-seeking-contraception-abortion-and-other/> |
| Need a repeat prescription for the pill? | You may be able to have a longer prescription than normal if you have had your blood pressure checked in the past 12 months, your BMI is okay and your medical professional feels it is safe to do so. | From your GP or Call The Northern Service contraception line available Monday to Friday 09:00 - 15:000161 701 1523Under 19 year old - BrookCall Brook on 0161 237 3001 On Monday – Friday between 12.00-16.00 to book a telephone consultation |
| Need condoms? | Condoms can still be purchased online, through your local pharmacy or supermarket. | LGBT Foundation can provide free condoms for the LGBT community- <http://www.lgbt.foundation/condoms/order>BHA for Equality can provide free condoms to Greater Manchester residents from the Black and Asian minority community who are over 18. (email india@thebha.org.uk).People collecting medication from The Northern Service can also request condoms.The Freedoms Shop is an NHS sexual health promotion initiative run by NHS Central and North West London (CNWL). It sells sexual health products including condoms online<https://www.freedoms-shop.com/gmpash/> |
| Need emergency contraception? | The most effective form of emergency contraception is the copper intrauterine device (Cu-IUD), and services are trying to maintain the fitting of these devices where possible.Emergency Hormonal Contraception (EHC) can still be obtained. Even if you are symptomatic with covid-19 or self-isolating, please phone your GP, pharmacy or the Northern. | **Pharmacies**Most local pharmacies offer emergency hormone contraception. To find a pharmacy offering free emergency hormonal contraception look on the GMPaSH website https://gmpash.org.uk/emergency-contraceptionPlease ring the pharmacy before visiting.**The Northern Contraception, Sexual health and HIV service**The Northern has a phone line for emergency cases including emergency contraception, PEP (medication that can prevent HIV if taken after a recent exposure to HIV), sexual assault and Under 16's). Following a telephone consultation they may be able to book you in to have a copper intrauterine device fitted or provide EHC to you.Monday to Friday 08:30 - 15:30 Saturday 09:15 - 11:150161 701 1513.Under 19 year old - BrookCall Brook on 0161 237 3001 On Monday – Friday between 12.00-16.00 to book a telephone consultationSee the FSRH leaflet <https://www.fsrh.org/documents/advice-for-women-seeking-contraception-abortion-and-other/> |
| Unplanned pregnancy?  | Support to discuss your options is still available from The Northern or Brook (Under 19 years)Abortion services are still operating. | There is advice available and numbers of organisations you can talk to at: <https://www.sexwise.fpa.org.uk/unplanned-pregnancy>Abortion counselling and procedures available through central booking on 0345 365 0565. |

**Sexual Health Support for Specific Groups**

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| Under 19 years of age? | You can still receive support for sexually transmitted infections and contraception from Brook or The Northern | **Brook**Brook are still open and offering same day telephone consultation, and urgent appointments. Call Brook on 0161 237 3001 Monday – Friday between 12.00-16.00 to book a telephone consultationContraception, STI treatment and Condoms can be posted out or with a pre-arranged appointment picked up from the clinicPlease do not go to a clinic unless told to do so. There are no drop in services.<https://www.brook.org.uk/covid-19-response/> **The Northern Contraception, Sexual health and HIV service**Please do not go to a clinic unless told to do so.Same day telephone consultations are available to [book online](https://thenorthernsexualhealth.co.uk/Online-Booking) from 08:45 each morning Monday to Friday.https://www.thenorthernsexualhealth.co.uk/ Use the online booking service to book an appointment and the service will ring you back at the appointment time.Advice for young people is available through <https://www.brook.org.uk/> and https://www.sexwise.fpa.org.uk/ |
| LGBT and want sexual health advice? | LGBT Foundation is offering phone support, online workshops and free condoms and lube. | Visit the Foundation’s website https://lgbt.foundation/Email sexualhealth@lgbt.foundation |
| BAME and want sexual health advice? | BHA for Equality is offering telephone support. | Visit BHA’s website <https://thebha.org.uk/>Contact pash@thebha.org.uk for a call backBHA for Equality can provide free condoms to Greater Manchester residents from the Black and Asian minority community who are over 18. (email india@thebha.org.uk). |
| Victim of a sexual assault? | Saint Mary's SARC remains available to provide healthcare and support services to victims of rape and sexual assault. You can report to the Police or contact Saint Mary’s Helpline.Rape Crisis Helplines are still operating. | Contact Saint Mary’s 24 hour helpline on 0161 276 6515.Call The Northern Service’s emergency line (see below).Manchester Rape CrisisHelpline: 0161 273 4500 Email: help@manchesterrapecrisis.co.uk**National Rape Crisis on 0808 802 9999.** |
| Have other vulnerabilities? | This could include people with learning disabilities, severe mental illness, homeless or other vulnerabilities. Support is still available for you. | Go online to make a same day telephone appointment with The Northern Service for advice or call the emergency line **The Northern Contraception, Sexual health and HIV service**Please do not go to a clinic unless told to do so. Instead use one of the following optionsSame day telephone consultations are available to [book online](https://thenorthernsexualhealth.co.uk/Online-Booking) from 08:45 each morning Monday to Friday.https://www.thenorthernsexualhealth.co.uk/ Use the online booking service to book an appointment and the service will ring you back at the appointment time.There is also an emergency phone line for emergency cases (PEP (medication that can prevent HIV if taken after a recent exposure to HIV), sexual assault, emergency contraception and Under 16's). Based on the information you give they will assess each case individually and advice accordingly.Monday to Friday 08:30 - 15:30 Saturday 09:15 - 11:150161 701 1513.  |