



First Nations Health Authority
Health through wellness

Accessing contraception, abortion and sexually transmitted infection services during COVID-19

Note: the following article includes adult messages about sexuality.



First Nations Health Benefits provides coverage for up to a three-month supply of contraceptives at a time. COVID-19 has affected the drug supply chain and pharmacists may only be able to dispense a limited supply of certain medications. Talk to your pharmacist about possible impacts to your birth control refills.

Coordinating prescription pick-up and essential travel is important during this time. Contact your pharmacy to request a refill well before your birth control runs out, or – if your prescription has run out – talk to your pharmacist about getting a small supply until your doctor or nurse practitioner is able to provide a prescription.

Many [Options for Sexual Health](#) clinics are operating. Clinic staff have made changes to keep their staff and communities safe, including practising physical distancing and offering tele-medicine services. Some health centres and nursing stations may be

able to support contraception counselling and STI counselling. Speak with the community health nurse at your health centre. If they cannot provide support themselves, they should be able to help find someone who can.

It is important to know that you may be able to extend the use of some birth control methods like IUDs and Depo Provera or go onto a different schedule. Contact one of the following to get more information about the methods of birth control you use:

- Your health care provider, if you have one.
- If you do not have a health care provider, call the FNHA Virtual Doctor of the Day at **1-855-344-3800**.
- [Sex Sense](#) – a free, pro-choice, sex-positive, and confidential service offers information and resources on sex, sexuality and sexual health (including abortion information) for people in BC and the Yukon. Call 1-800-Sex-Sense (1-800-739-7367).

“Medical abortion,” in which medication is used to end a pregnancy, can be accessed remotely through the [Willow Clinic](#). If you do not live near a pharmacy to pick up the needed medication, it can often be sent to you. This is organized by the Willow Clinic but can take a little time. See [willowclinic.ca](#) or call **604-709-5611**.