

## 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](mailto: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.

### **Q: What if I feel like I may need other kinds of care, like mental health help?**

Many of the above clinics also provide, or can help connect you to, other services, such as mental health care, domestic violence and sexual assault care, general healthcare, and care for your own children. You also can reach out to your social worker, attorney, caregiver, or another trusted adult to help you find the care you need. Don't feel like you need to wait to ask for help.

## 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.
- Many Planned Parenthood clinics are providing health appointments over the phone or internet. For example, [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, free condom delivery services from the Condom Access Project have been stopped temporarily. Check the [website](#) for updates. In the meantime, you can still purchase condoms in a store, even if you are under age 18. You can find tips on how to buy condoms on [TeenSource](#).

## ***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.

## ***Q: If I do a doctor's appointment over the phone or internet, do I still have a right to privacy in what we discuss?***

Yes, even if your appointment is over the phone or internet, your doctor owes you the same right to privacy during your medical exam that you would have if you were in a clinic. If you have concerns that you may not be able to find a safe place to have a conversation, let the doctor's office know beforehand so they can work with you.

## **Health Insurance**

### ***Q: Does health insurance pay for telehealth appointments?***

Yes, Medi-Cal and most health insurance plans will cover health appointments that occur over the phone or internet. If you are worried, you can ask your provider about this when you make your appointment.

### ***Q: Can I enroll in insurance over the phone?***

There are several state insurance programs that cover the costs of sexual and reproductive health care, including the Family PACT program and the Medi-Cal Minor Consent Program. It is possible to enroll in both of these over the phone during the COVID crisis. To enroll in Medi-Cal Minor Consent, you have to call your county Public Social Services agency. The state has a [factsheet with information](#) on using FamilyPACT during COVID.

### ***Q: What if I get kicked off Medi-Cal, CalFRESH, or another benefit during COVID?***

Even if your eligibility is supposed to expire, you cannot be kicked off of Medi-Cal or CalFRESH right now and should not be asked to renew until at least August 17. The state has information about this on their [covid19.ca.gov website](#). If you have been told that you are getting kicked off, you should reach out to your lawyer, your social worker, or the Foster Care Ombuds office right away. See the last page of this document for contact information.

## 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?*

The California Department of Public Health has released COVID guidance for [pregnant and breastfeeding parents](#) and for [women and families](#).

### *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](#).

### *Q: I have a question and need a personal answer. Where can I go for help?*

You can reach out to your lawyer, your social worker, your CASA, or any trusted adult in your life. You can also reach out to the California Foster Care Ombuds office. See the next question.

## 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) I am having problems with my placement/housing, my insurance or benefits, my school, my family, my safety, or another issue. What can I do?*

- You can call your attorney. 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](#).
- You also can call your social worker and/or CASA to ask for help.
- You can also talk to the [Foster Care Ombuds Office](#) to find out about all your rights, have someone hear what is going wrong, or get help. Go to [fosteryouthhelp.ca.gov](http://fosteryouthhelp.ca.gov), call 1-877-846-1602, or email [fosteryouthhelp@dss.ca.gov](mailto: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 Program Associate Felicia Reyes at [freyes@youthlaw.org](mailto:freyes@youthlaw.org).*