



# SOLIDARITY

For marginalised communities, organisations and those workers in care and cleaning, hospitality, health care. Social distancing does not prevent kindness, look after each other. Listen and offer support as able.



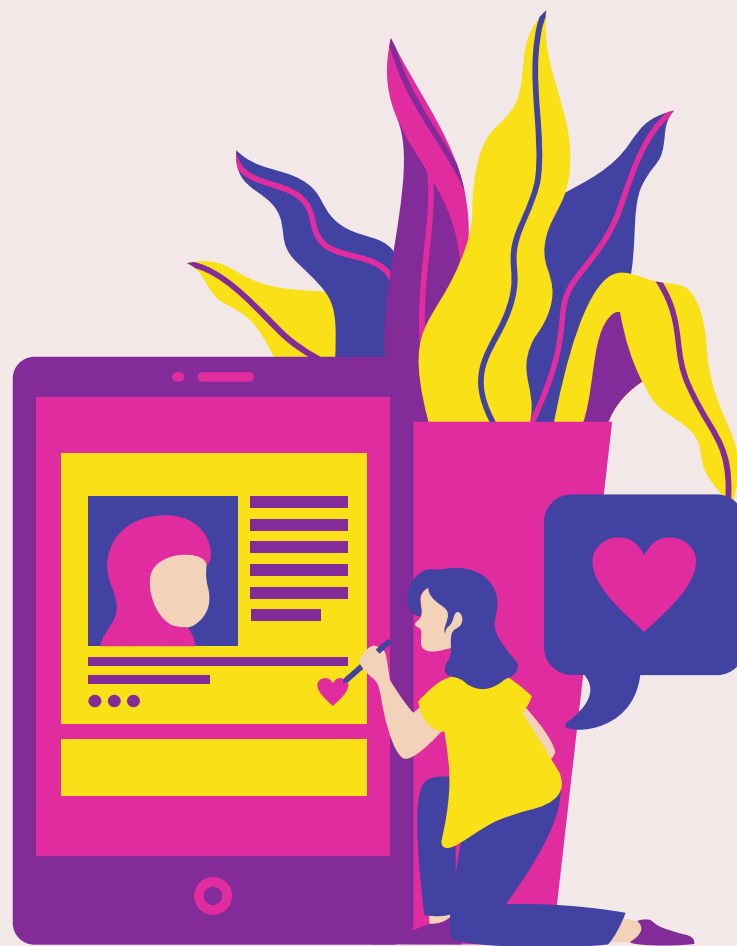


# LIMIT INFORMATION INTAKE

We are being bombarded with information which can be alarming and cause anxiety. Limit your time doing this. There is a lot of fake news.

Follow reliable news: Provincial and National Department of Health updates or simply use their WhatsApp line or Hot line if you are unsure about anything with regards to COVID19.



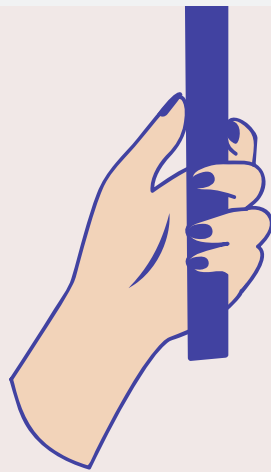


# VIRTUAL SUPPORT

We all experience anxieties. A good practice is to open up a network or group where you can check in when you are overwhelmed or in need of support, WhatsApp calls, Text, Skype, Zoom meetings and calls for check ins. Try and use face to face virtual apps so you do not experience social isolation



*Check yourself*



# **WE DO NOT LIVE SINGLE ISSUE LIVES**

During this crisis, the burden that women carry to care will be immense and will intensify. In the care and support sector, women provide services and also take care of families. If you are taking chronic medications, do try and ensure that you continue on these (Blood Pressure, Diabetes, TB and HIV).





# CONFLICT AND VIOLENCE

Conflict and violence might worsen because of physical distancing. Homes are not necessarily the safest environments for many. Try and maintain virtual contact with your support network.

Reach out to those who are vulnerable and use local hotlines and call centres to address gender based violence and seek support





# TELEPHONE FOR SEXUAL AND REPRODUCTIVE HEALTH ADVICE

Clinics are limiting the numbers of people to 30 people an hour. You can call ahead to talk privately to clinic staff about your sexual or reproductive health needs should you need any assistance. Do not go to the clinic if you have Covid-19 symptoms, rather phone and ask for assistance.





# FERTILITY PLANNING

For some, fertility planning is an option and people might choose to get pregnant.

For others unsupported pregnancies could be a threat.

Please do stock up on contraception and lubrication. Remember to use dual protection and use condoms.



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# EMERGENCY CONTRACEPTION

Seek emergency contraception and post exposure prophylaxis if needed.







# ABORTION

Clinics may be crowded and stretched so to confirm pregnancies, get home pregnancy testing kits from pharmacies. Should you need an abortion please do seek care early so as to increase your opportunity in accessing safe and legal options.





# **VIRTUAL UBUNTU**

Be kind, share resources if you are able to and safely, keep physical distances, listen, breathe deeply and drink fluids regularly

