

SEXUAL AND GENDER BASED VIOLENCE

I have just arrived home, and I was assaulted behind the matatu stage on my way home by some rogue boys. I am currently bleeding and my clothes are torn. What do I do?

- Please try not to panic. Put your clothes in a brown paper bag, not polythene. Do not shower, in as much as you feel like it. Call this emergency number (719) for assistance

It is 9. p.m now. How do I come to hospital and the curfew has begun?

- Please call (719) and say that you have an emergency. We also have hotlines for every county, to call depending on where you live, for both the hospitals and the police.

Where do I begin, the police, or the hospital?

- Please come to the hospital, because it is important to take some samples and give you emergency treatment within 72 hours. We shall notify the police of your arrival, to help streamline the process.

GYNAECOLOGICAL EMERGENCIES

Are cancer patients at a higher risk from COVID-19 infections?

- No specific information is available but those on treatment tend to have low immunity and hence more vulnerable.






If I have Gynae emergency, does it matter whether I am positive or negative regarding treatment ?

- All Gynaecology emergencies are treated the same but all clients follow laid down COVID-19 precautions and procedures during treatment.

If I have a non-emergency gynaecological condition, can I still be treated in our Hospitals?

- YES. What one needs is to call the health care provider and enquire about how your case will be handled. Some clients may be advised what to take on phone and others may be booked for management at a later date.

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Frequently Asked Questions
in Reproductive and Maternal Health
Care in the era of **COVID-19** pandemic

ANTENATAL CARE

Does pregnancy increase the risk of contracting Covid -19 disease?

- At this time it is not known if pregnant women are more susceptible to COVID-19 than the general public. However due to changes that occur during pregnancy, pregnant women may be more susceptible to viral respiratory infections.

I have had a previous uneventful normal deliver and I am now 3 months pregnant and worried about accessing ante-natal care

- You are advised to continue with antenatal care as recommended while observing all infection prevention measures as outlined by the MOH. You will be offered essential antenatal screening and testing. Care will be individualized and may include telephone consultation to reduce the number of face to face visits.

How do I access emergency care in case of complications during the Covid-19 pandemic

- In case of emergency, please call 719, call your health facility or call an ambulance. In addition, you may contact your chief, assistant chief, village headman or nyumba kumi leader to facilitate access.

Can a COVID-19 positive pregnant woman pass on the disease to the unborn baby?

- Current evidence does not show that a Covid-19 infected mother can pass the infection to her unborn baby.

LABOUR AND DELIVERY

Can my birthing partner bring me to labor ward when in labor and be present at birth?

- During this period of COVID19 pandemic it is advised that mothers remain unaccompanied in the labour ward and delivery suite to minimize transmission.

How soon should I get to the hospital once labour starts?

- Please go to the hospital as soon as you notice the onset of labour symptoms.

How do I navigate the roadblocks during hours of restricted movement?

- At all times, carry your ANC booklet or your booking letter from your healthcare provider with you.

During this period of COVID 19 infection , can I deliver at home to avoid risks of transmission?

- NO. You are advised to deliver in a health facility.

Is caesarean delivery safe with the COVID 19 infection?

- YES. All safety procedures are observed to keep the mother and the baby safe.

POST-NATAL CARE

Can covid 19 be transmitted through breastfeeding

- No, there is no evidence showing infection through breast milk at the moment. However, always observe hand hygiene, clean breast, stay at home, avoid visitors and where necessary use a face mask.

Is it necessary to visit the clinic for routine check-up if I am well after normal delivery

- No, during this covid 19 pandemic it's advisable to stay at home, call your H.care provider if you have concerns and if you must go to the facility, you can leave your baby at home, wear a mask and observe social distance.

I had some complications during pregnancy and delivery and I'm scared about contracting covid19 if I go to hospital. Is it ok if I stay home until the corona virus situation in the country is controlled?

- In light of your complications during pregnancy and delivery, you might be exposing yourself to other risks and dangers to your life. Kindly contact your healthcare provider preferably by phone to advice on an individualized postnatal care schedule.

FAMILY PLANNING AND CONTRACEPTIVES

During the COVID-19 pandemic, where can I access family planning services?

- Family planning services continue to be availed in all health care facilities. However, before you go to the facility to seek services, please call in advance to schedule an appointment. Further, you may be provided with services via telephone where possible to minimize the need to go to the health facility.

I have been taking contraceptive pills. Is it ok to get my contraceptives at the pharmacy instead of hospital?

- During this period, you will be able to get condoms, contraceptive pills and contraceptive skin patches from the local pharmacy and you should be issued with a three-month supply for your use.

Is it true that implants and IUCDs are no longer being offered?

- During this period, to keep you and the healthcare worker safe, it is recommended that we avoid inserting implants and IUCDs to minimize contact and maintain social distancing. For this reason, your health care worker will offer you less-intensive methods for use until later. If your implant or IUCD is due for removal, please contact your healthcare worker on the phone to advise on how to safely delay the removal without increasing risk of unintended pregnancy.