



DID YOU KNOW THAT THE FOLLOWING ARE YOUR SEXUAL AND REPRODUCTIVE HEALTH RIGHTS?

1. Right to dual protection.

Practice safe sex, use a male or female condom to prevent unwanted pregnancy and sexual transmitted infections including HIV.

2. Right to safe abortion.

For a safe abortion visit your nearest health facility within 12 weeks of pregnancy. Never try a back street abortion, it is unsafe & illegal.

3. Right to emergency contraception.

Visit your nearest health facility within 24hrs, up to 5 days to prevent unwanted pregnancy if:

Exposed to unprotected sex.
Missed pills for oral contraception.
The condom was broken.
Raped or coerced sexual intercourse.
Late for an injectable contraception.

Call the emergency contraception Hotline **0800246432**; this is a free service to get information.

4. Right to carefully plan for a baby.

Visit your nearest health facility to choose a method of contraception that is suitable for you. Trained health care provider will assist you to choose.

5. Right to ARV PEP Antiretroviral prophylaxis

If you have been sexually assaulted visit your nearest health facility within 72hrs to get treatment that will protect you against contracting HIV.

6. Right to 3 pap smears in you life time at 30, 40 & 50 years

Free Cervical Cancer Screening is available for all women at the age of 30, at 10 year intervals.

Visit your nearest health facility for this service.



UTHI BEWAZI UKUTHI UNAWO AMALUNGELO? AMALUNGELO AKHO MAYELANA NEZOBULILI NEZOKUZALANA

1. Unelungelo lokuvikeleka ezifweni ezitholakala ngocansi kanye nokukhulelwa okungadingekile.

Ngakho ke yenza ucansi oluphephile ngokusebenzisa ikhondomu yabesilisa noma yabesifazane.

2. Unelungelo lokuhshula isisu ongasidingi ngendlela esemthethweni nephephile.

Vakashela umtholampilo wangakini engakapheli amasonto ayishumi nambili ukhulelwe.

Ungazami ukuhshula isisu ongasidingi ngasese ngoba akuphephile futhi akukho semthethweni.

3. Unelungelo lokusebenzisa indlela ephuthumayo yokuvikela ukukhulelwa ongakudingi uma,

Uzimbandakanye ocansini olungaphephile. Ukhohlwe ngamaphilisi okuhlela. Weqiwe usuku lokuya kohlela emtholampilo. Uqhunyelwe ikhondomu.

Shayela kulenombolo yamahala **0800246432** ukuthola ulwazi nokwalulekwa.

4. Unelungelo lokuhlela umndeni.

Uma uvakashela emtholampilo osezuzenawe umhlengikazi oqeqeshiwe uzokusiza ukukhetha indlela yokuhlela evumelana nawe.

5. Ilungelo lokuvikeleka ekutholeni igciwane lesandulela ngculazi uma uhlukumezekile ngokocansi.

Vakashela emtholampilo osezuze nawe engakapheli amahora angamashumi ayisikhombisa nambili.

6. Unelungelo lokuhlalela umdlavuza wesibeletso kathathu empilweni.

Uma usuneminyaka engamashumi amathathu (30) nangaphezulu, njalo emva kweminyaka eyishumi (10) amahlandla amathathu.

Vakashela umtholampilo osezuze nawe ukuze uhlolwe umdlavuza wesibeletso.

