

Sexual Health Dorset Provision During The Covid-19 Pandemic

The Covid-19 pandemic is continuing to have a significant impact on all our lives. To continue protecting yourself and others from Covid -19 infection, it is important that you follow [national guidance](#) to reduce the risk of catching the virus. In particular, continue physical distancing, wearing of face coverings where physical distancing is not possible, and hand hygiene.

Sexual Health Dorset has remained open for business since March 2020, however in response to the Covid-19 pandemic we have had to make some changes to the way we provide some of our services.

If you don't have symptoms, the quickest way of getting a sexual health check is to **book a test online**. You can do this by clicking on 'Get-tested' on our website, this will take you to SH:24; our screening partner, who will go through an online questionnaire and send a kit out to you in the post. You can do your test at home and send it back through the regular posting system. Your results will be returned to you by text and some treatments by post so you don't need to see us at all. This is all free! You can also apply online for oral contraceptive pills through SH:24.

If you do have symptoms or need to make an appointment for treatment, contraception, PEP and PrEP or would like to speak to a health care professional, please call our central number **0300 303 1948**. Someone will take your details and let you know when a healthcare professional will call you back.

To reduce face to face contact, most of your consultation will be taken over the phone and either resolved with a prescription or a 'click and collect' service. If you need to be seen, an appointment will be made for you. **We are not offering any walk-in services at present.**

Over the Rainbow and all services to young people under 18 continue to be available – so please do contact us on the central number **0300 303 1948**.

Our HIV clinics are running as usual, but for those who are well and whose infection is well controlled, we may change your appointment to a phone consultation and defer blood monitoring by 6 months. If you are living with **HIV**, please see [Terence Higgins Trust](#) or [British HIV Association](#) for further advice.

Our sexual problems clinics have resumed face to face consultations and we now also offer appointments by video or phone call. Please call 0300 303 1948 to discuss all options.

Some people may be living in fear, with abusive partners or other family members. [You First](#) provide support to anyone affected by **domestic violence or abuse**. You can call them on 0800 032 5204. If you feel you are in immediate danger, call 999 then either dial 55 or just give a cough, and the police will attend.