

## 2 Special groups and diseases



### Women and infants have special needs

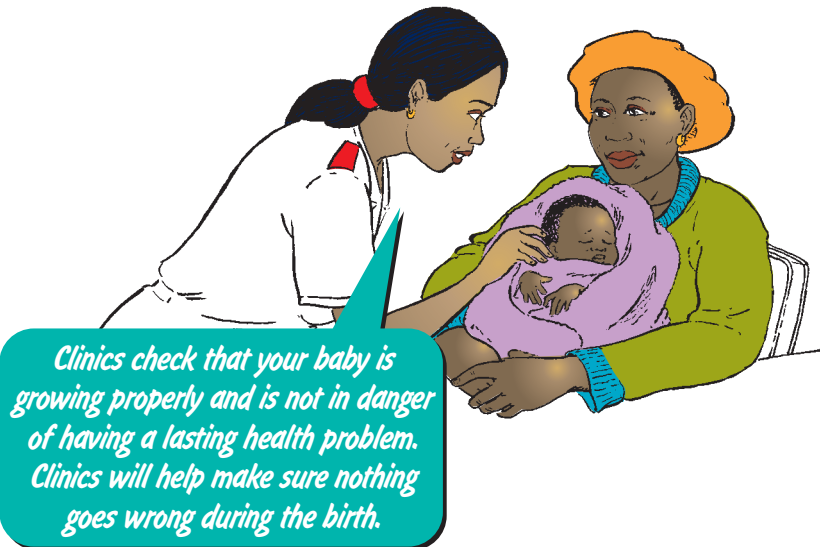
Clinics help women of all ages protect their bodies.

Your clinic will:

- Offer all kinds of contraception – not just condoms and injections.
- Treat sexually transmitted infections like genital warts, syphilis and HIV.
- Check you for women's diseases, like cancer of the breast or the neck of the womb, especially if you are over 35.
- Help you with a drinking or drug problem.
- Help you stay well during and after pregnancy.
- Help you if you have HIV and are pregnant, or want to have a baby.
- Makes sure babies are healthy and born safely.



### Having a baby is natural. How will a clinic help?



#### Checklist

When you have a baby your clinic will:

- See you **at least 3 times** in your pregnancy.
- Give you **iron and folic acid supplements** while you are pregnant.
- **Help you with the birth.**
- Give you a **vitamin A capsule** after the birth.
- Check up on you and the baby **6 weeks after** it is born.
- Give your baby vitamin A drops **every 6 months** until the age of 5 years.
- **Explain** to you why these vitamins are important.

Clinics will give you *emergency contraception* if you have had unprotected sex. If you have an *unwanted pregnancy*, you will be counselled. The clinic will help you end the pregnancy if that is what you decide.

## If you are raped or abused

We will treat your injuries, and give you emergency treatment to help prevent sex diseases and pregnancy. We advise on follow-up treatment and what happens if you get HIV. We will send you straight to hospital if you need more care.

We write down what happened to you on your patient record card. But we won't tell anyone unless you give us permission.

*Men, women and children can be raped or abused. You can lay a charge against anyone who rapes or beats you. If you wish, your clinic will ask the police to come to the clinic so you can lay a charge.*



## Children have special needs

Clinics will help children to grow properly, keep them healthy and help make them better when they are sick, or hurt in any way.

Clinics make sure sick children do not have a health problem which needs extra care, like diabetes (too much sugar in the blood), otitis media (sore ears) or strep throat (a bad throat infection).

If children have asthma (problems breathing) clinics will explain the problem to you and your family so you can learn how to prevent, and cope with, an asthma attack. Clinics will also check to see if your child needs to be referred for special care.

If your child has a sexually transmitted infection, clinics will take special care as he or she may have been raped or sexually abused.