



Checklist

Does your clinic:

- Give every mother a **Child Health Chart** for her baby so she can check that he or she is healthy and growing well?
- **Immunise** children on any day it is open, and not just on some days? You can complain to the clinic manager if your clinic doesn't do this.

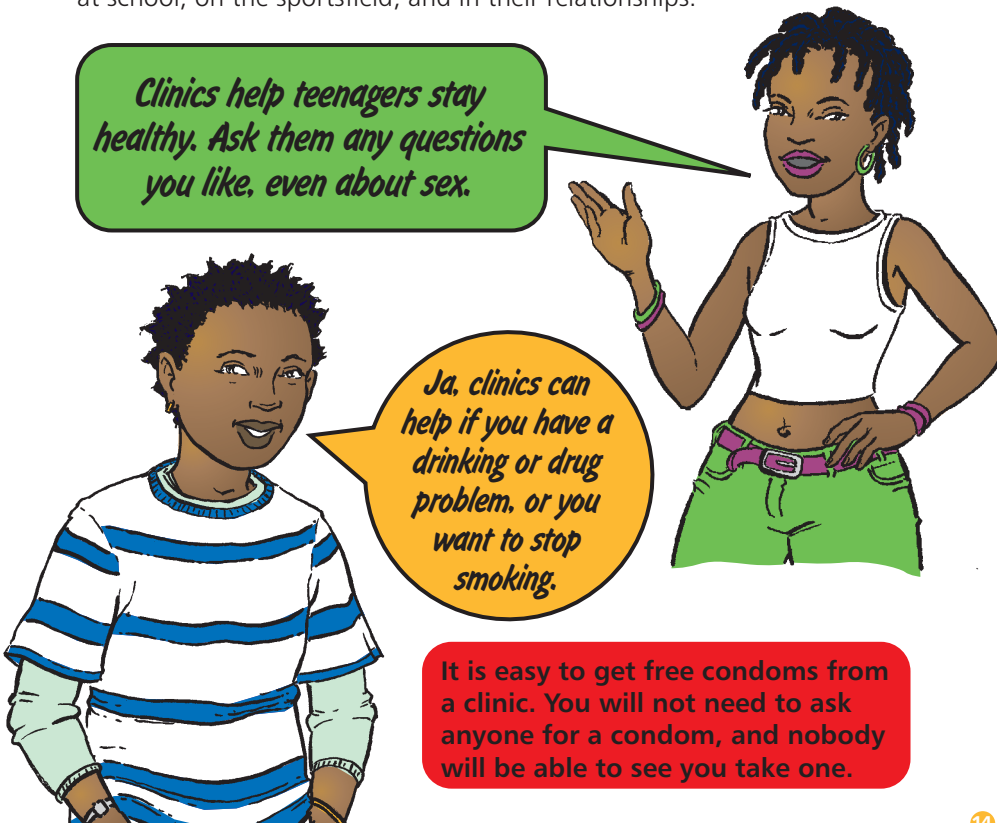
Youths have special needs too

Young people need to know about how their bodies are growing and changing, and which organisations in their communities can help them at school, on the sportsfield, and in their relationships.

Clinics help teenagers stay healthy. Ask them any questions you like, even about sex.

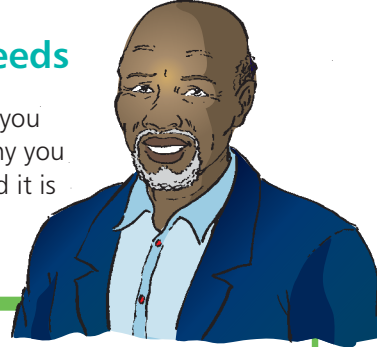
Ja, clinics can help if you have a drinking or drug problem, or you want to stop smoking.

It is easy to get free condoms from a clinic. You will not need to ask anyone for a condom, and nobody will be able to see you take one.



Elderly people have special needs

You may get sick as your body gets older, or if you do not look after it. Often you can't control why you get sick. Clinics can help. They are close by, and it is easy for you to get inside, even if you have arthritis (stiff joints).



Checklist

Does your clinic:

- **Help you learn** what makes you sick and how you can help yourself get better?
- **Talk to you about problems** in your life, like looking after grandchildren, or whether you qualify for any social grants?
- Make you feel **welcome**, even if you have been coming for many years?
- Give you **enough medicine to last for a month** so that you don't need to travel so often?

People with disabilities have special needs

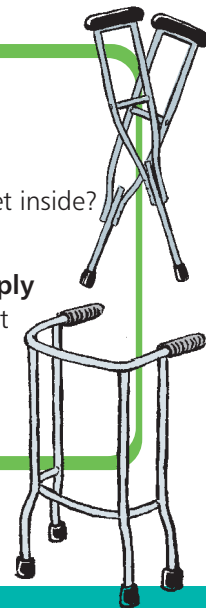
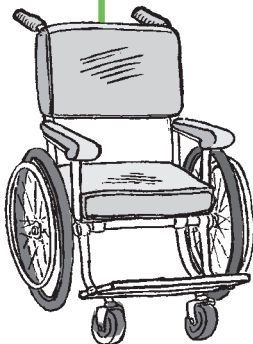
Clinics can help disabled people with their special needs in their health, and in their lives.



Checklist

Does your clinic:

- Have a **ramp**, so people with wheelchairs can get inside?
- Have **toilets** easy for disabled people to use?
- **Assess** people with disability, and help them **apply** for a Disability Grant or a Care Dependency Grant if they need one?
- Give you **equipment**, like rubbers for crutches, or order it from the district for you?



TB, sexually transmitted infections and HIV and AIDS affect millions of people

Clinics will test you for TB.



Checklist

If you have TB:

- Do clinic volunteers in the community watch you take your pills to help you to **finish the treatment**?
- Does your clinic encourage you to go for **voluntary counselling** and take the **HIV test**? If you have TB and HIV, each sickness will be worse than if you have only one, and you must be treated properly.
- Does your clinic **check the people who live with you** for TB? TB can spread quickly among people who live together.

If you have multi-drug resistant TB, which will not get better, we will send you to a doctor or hospital for a different treatment.

Clinics give the best treatment for all types of Sexually Transmitted Infections (STIs).

Make sure that your clinic gives you a card to give to the person, or people, who you have sex with. This card encourages your sex partners to come to the clinic for care. Treating sex partners helps to stop the disease from spreading.