Questions:

1. (and 4)you have the right to talk to the doctor alone during part of your well child visit and if you are over 14 years of age if it is about mental health or reproductive health. Your doctor should ask them to leave. If this is not happening, I'm sorry. one of the reasons we are sharing this information is so you know your rights. Advocate for yourself and try asking to seeing a different provider next time. You can also call after your visit to give us feed back and hopefully it gets addressed.
2. Nipple discharge is only normal under very specific circumstances. If you are currently not lactating/breast or chest feeding please see a medical provider.
3. Most information shared with your provider stays confidential. If you are going to hurt yourself or somebody else we do break confidentiality for your safety or the safety of others. Also abuse must be reported to child protective services but we do this to ensure your safety not to put you in harms way. As per reproductive/sexual health and mental health it will almost always be kept confidential.
4. see 1
5. If you have experienced what you believe is your first panic attack you should seek medical care as soon as possible.
6. depending on what your goals are (short term and long term), what your preferences are for types of birth control and what risk factors/underlying conditions you have. your primary care provider should be able to counsel you on different types available or be able to refer you to a provider that can.
7. <https://www.cdc.gov/condomeffectiveness/male-condom-use.html>

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| [How to Use a Male Condom | CDC](https://www.cdc.gov/condomeffectiveness/male-condom-use.html)  [www.cdc.gov](http://www.cdc.gov)  The Right Way To Use A Male Condom: Condom Dos and Don’ts - How To Put On and Take Off a Male Condom |

1. Rape kits are available in most emergency rooms. you should be evaluated immediately or as soon as possible after rape has occurred. We don not have rape kits at CBHA but we can provide guidance and support if you have been a victim of rape.
2. Some STDs, now called STIs (sexually transmitted infections, may show lesions, sores, discharge or signs that you can see. There are a lot of others that show no signs. for this reason it is important to always practice safe sex, meaning use a condom and/or dental dam at all times during sexual intercourse (vaginal, anal and/or oral). You should always get tested if you think you have been exposed and it is recommended to get tested regularly if you have a new partner.
3. Pregnancy during a pandemic is the same as pregnancy otherwise. You should follow up regularly as advised by your provider. if you think you are pregnant, make an appointment at as soon as possible to talk to a provider and discuss your options.