

Important! Emergency medical care is provided to every person in Russia, no matter what passport they hold.

PREGNANCY AND CHILD BIRTH

The cost of childbirth can be free for any woman in Russia. However, prenatal care and preparation for birth are not covered by emergency care and therefore only women with a Russian passport can access them for free.

You can purchase a special insurance policy that includes prenatal care. Seeing a doctor during pregnancy is important for obtaining a prenatal record («obmennaya karta») which will be required at admission to a maternity hospital.



HIV AND OTHER SEXUALLY TRANSMITTED INFECTIONS

Use a condom every time you have sex to avoid HIV and other dangerous infections or an unwanted pregnancy. You can buy condoms at a pharmacy or supermarket.

**You can take a free and anonymous
HIV test in Russia. Call to find out
where you can get tested:**

+7 967 079-71-45

+7 915 452-83-92

+7 910 000-55-18

“Step towards Health”

If you are diagnosed with HIV, a counsellor will advise you what to do next.

UNWANTED PREGNANCY

In Russia, a woman can choose whether to carry her pregnancy to term and give birth. If you become pregnant, be sure to see a doctor (regardless of whether you choose to keep or terminate the pregnancy). Should you choose to terminate a pregnancy, be sure to do so in a medical setting and follow the doctor’s advice to protect your health and your ability to give birth in the future. Never risk doing any procedures yourself or upon advice of family or friends!



Contacts for legal assistance:



whatsapp/viber/telegram

(24 hours, free of charge):

+7 903 148-96-36,

+7 926 834-76-02

email:

chupikvv@tong-jahoni.org

DOMESTIC VIOLENCE

If you are in a domestic violence situation (e.g. your husband or a family member beats you), call our anonymous support helpline for migrant women (free of charge in Russia, operating on workdays 10 am to 5 pm Moscow time):

+7 800 250-65-08

or write to:

sos@silsla.help

You will learn what you can do to protect yourself.



**YOU ARE A MIGRANT
WOMAN IN RUSSIA.
WHAT CAN YOU DO
TO STAY HEALTHY?**