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## UNIVERSAL HEALTHCARE

Yes



## HEALTHCARE CATEGORY

National Health Insurance (NHI)



## LOCAL NAME

serviço nacional de saúde



## HEALTH AUTHORITY

National Social Security Institute

## Contraception

Information relating to the availability of different kinds of contraception



### AVAILABILITY OF CONTRACEPTION

Yes



### AVAILABILITY OVER THE COUNTER

No



### AVAILABILITY NON-PRESCRIPTION

No



## EUROPEAN HEALTH INSURANCE CARD (EHIC)

If you are residing within and are travelling to any of the European Union countries (27 countries), Iceland, Liechtenstein, Montenegro, Norway, Switzerland and the United Kingdom, you might be eligible to the EHIC, which provides you with access to emergency care for free or at a reduced rate depending on the country. Visit <https://ec.europa.eu/social/main.jsp?catId=559> for more information



# Condom Usage

Condoms are used to help prevent pregnancy and reduce the risk of sexually transmitted diseases.



 AVERAGE CONDOM USE

Medium

 BANNED LEGALLY

No

 CULTURAL OPPOSITION

No

# Other

Information relating to HIV Laws and the status of criminalisation of sex work



## CRIMINALISATION RELATING TO

 HIV TRANSMISSION

Yes

 HIV LAWS INFO

-

 SEX WORK

Sex work is not subject to punitive regulations or is not criminalized

# Blood Types

The estimated percentage split of blood types within the country or region



 BLOOD TYPE (O)

49.9%

 BLOOD TYPE (A)

28.4%

 BLOOD TYPE (B)

17.7%

 BLOOD TYPE (AB)

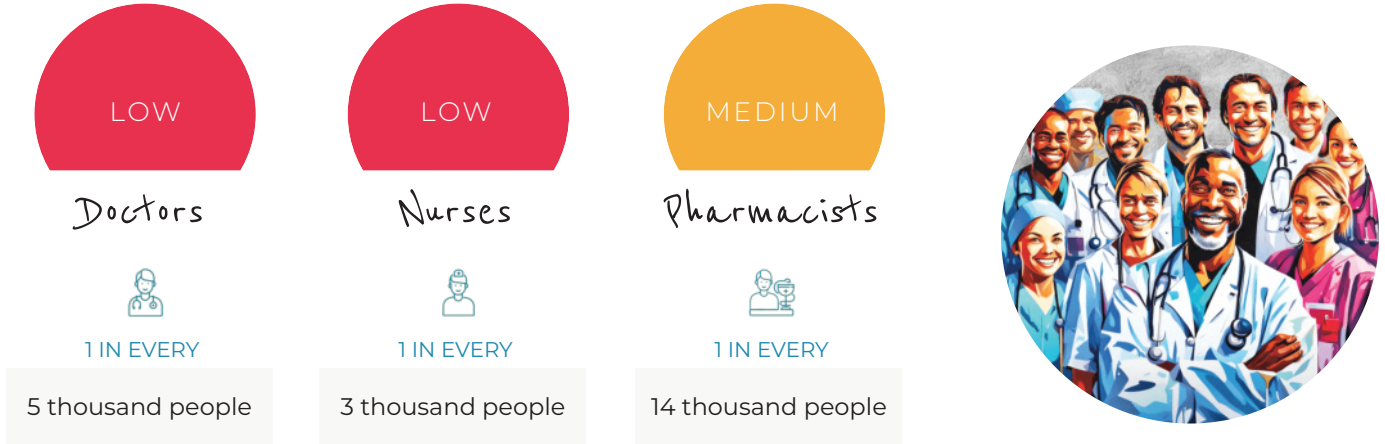
4.0%

All of the statistics are collated and based on the | Region - Africa

SOURCE | The blood type information uses averages for an individual country or region depending on available data. The data has been compiled from various sources, including information publicly available on Wikipedia.

# 01 MEDICAL PROFESSIONALS

This section highlights the average number of medical professionals that operate within the country. The scale ranges from high to low, with high meaning that there are a higher number of professionals for the size of the population and low meaning that there is an insufficient number of professionals



SOURCE | Medical professionals' information uses averages over at least ten years of data compiled from various sources, including information from the World Bank's Open Data.



## MEDICAL DIAGNOSIS INTERPRETER (MDI)

When travelling, as a non-native speaker of a language or when you cannot speak, quickly communicating how you think and feel to a medical professional can be life-saving. Visit <https://care.gayther.com/medical-diagnosis/> for more information.



ambulância (portuguese)



## AMBULANCE

DIAL

69

# 02 SEXUAL HEALTH

## AGE OF CONSENT

idade de consentimento  
(portuguese)

## PROTECTION

proteção (portuguese)

## BIRTH CONTROL

controle de natalidade  
(portuguese)

## RAPE

estupro (portuguese)

## CONDITION

doença (portuguese)

## SAFER SEX

sexo mais seguro (portuguese)

## CONDOM

preservativo (portuguese)

## SEXUALLY TRANSMITTED DISEASE / INFECTION

doença/infecção sexualmente  
transmissível (portuguese)

## CONTRACEPTION

anticoncepcional (portuguese)

## UNPROTECTED SEX

sexo desprotegido (portuguese)

## NO CONSENT

sem consentimento  
(portuguese)

## URINARY TRACT INFECTION

infecção do trato urinário  
(portuguese)



## SEXUAL HEALTH AWARENESS

conscientização sobre saúde sexual  
(portuguese)

### HOW TO USE

All the translated terms are  
**LITERAL TRANSLATIONS**  
and are designed to  
communicate key terms  
and phrases.



show and  
**POINT** at the  
required term

### PRONOUNCE

a term based  
on the  
spelling



# TRAVEL THE WORLD WITH GAYTHER

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GAYTHER

[www.gayther.com](http://www.gayther.com)

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# DISCOVER GAYTHER

Gayther is an online service home to one of the world's largest current and relevant collections of LGBTQIA+ information. Tools and guides designed to be fun and easy to use, all within a platform offering positive content to inform, showcase, and connect the global community and its allies.



## LGBTQIA+ TRAVEL GUIDES

Gayther has six hundred and thirty detailed LGBTQIA+ travel guides covering two hundred and thirty-three countries and all the key states, provinces and regions worldwide. All the essential travel information, including 35 useful phrases and terms in over 100 languages, weather information, and much more.



## COMMUNITY INFORMATION


Gayther has extensive community-related information, from helpful statistics to the Pride in series. Each year, Gayther compiles six unique indices to highlight and inform the community of the status of laws and the rights of LGBTQIA+ individuals living within any given country



## COMMUNITY NEWS & ARTICLES

Share first-hand experiences, topics and themes that are current and relevant to the community. News and articles give real insight into the community and the lives of those telling the stories. The articles are written by all types of people, from those with a media background to those with no writing experience



lgbtqia+ global community 

and so  
much  
more...

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