


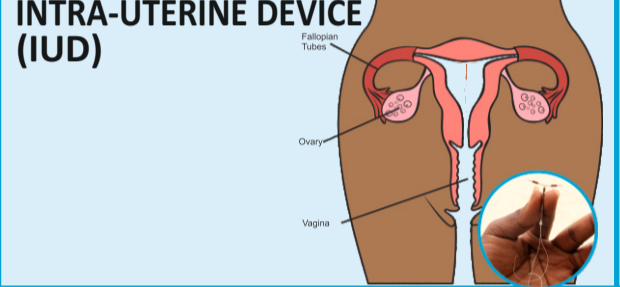



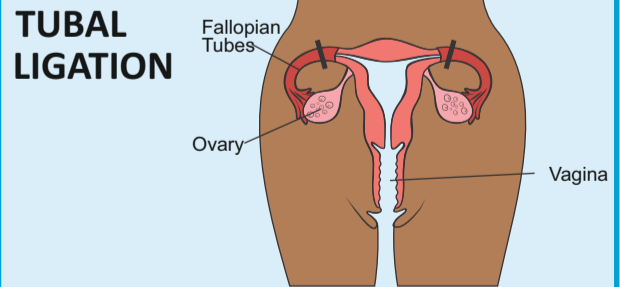
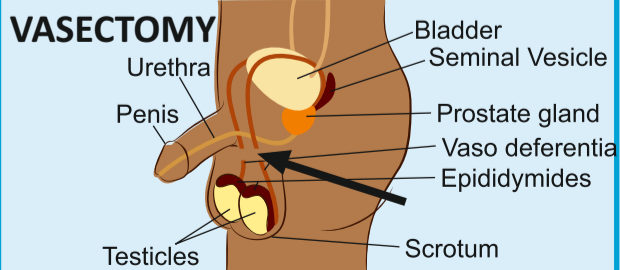


# What do you KNOW about Family Planning/Childbirth Spacing Methods?

METHOD	THE FACTS	TIMING
<b>ORAL CONTRACEPTIVE PILLS</b> 	<ul style="list-style-type: none"> <li>• Effective short-acting method that is taken everyday</li> <li>• Safe for women of any age, including women who have never had a baby</li> <li>• The mini-pill is safe for breastfeeding mothers anytime after delivery</li> </ul>	Short - acting method
<b>INJECTABLES</b> 	<ul style="list-style-type: none"> <li>• Effective short-acting method that lasts 2 or 3 months</li> <li>• Safe for women of any age, including women who have never had a baby</li> <li>• Safe for breastfeeding mothers with a baby older than 6 weeks</li> </ul>	Short - acting method
<b>IMPLANT</b> 	<ul style="list-style-type: none"> <li>• Effective long-acting method that lasts 3-5 years</li> <li>• Safe for women of any age, including women who have never had a baby</li> <li>• Safe for breastfeeding mothers anytime after delivery</li> </ul>	Long - acting method
<b>INTRA-UTERINE DEVICE (IUD)</b> 	<ul style="list-style-type: none"> <li>• Effective long-acting method that lasts 5-10 years</li> <li>• Safe for women of any age, including women who have never had a baby</li> <li>• Safe for breastfeeding mothers</li> <li>• Can be used within 48 hours of childbirth or after 4 weeks of childbirth</li> </ul>	Long - acting method
<b>MALE CONDOM</b> 	<ul style="list-style-type: none"> <li>• Effective short-acting method that is used at the time of sex</li> <li>• When used correctly at every time, it;                             <ul style="list-style-type: none"> <li>- Prevents pregnancy</li> <li>- Prevents against some sexually transmitted infections (STIs), including HIV/AIDS</li> </ul> </li> </ul>	Short - acting method
<b>FEMALE CONDOM</b> 	<ul style="list-style-type: none"> <li>• Effective short-acting method that is used at the time of sex</li> <li>• When used correctly at every time, it;                             <ul style="list-style-type: none"> <li>- Prevents pregnancy</li> <li>- Prevents against some sexually transmitted infections (STIs), including HIV/AIDS</li> </ul> </li> <li>• Safe for breastfeeding mothers</li> </ul>	Short - acting method
<b>EXCLUSIVE BREASTFEEDING METHOD (LAM)</b> 	<ul style="list-style-type: none"> <li>• Effective post-partum method when women meet all three criteria:                             <ul style="list-style-type: none"> <li>- Are breastfeeding exclusively (day and night)</li> <li>- Have an infant younger than 6 months old</li> <li>- Do not have menstrual bleeding</li> </ul> </li> </ul>	Short - acting method
<b>TUBAL LIGATION</b> 	<ul style="list-style-type: none"> <li>• Effective permanent method for women who do not wish to get pregnant again</li> </ul>	Permanent Method
<b>VASECTOMY</b> 	<ul style="list-style-type: none"> <li>• Effective permanent method for men who do not want their partner to get pregnant again</li> </ul>	Permanent Method