



Get it together for a brighter future

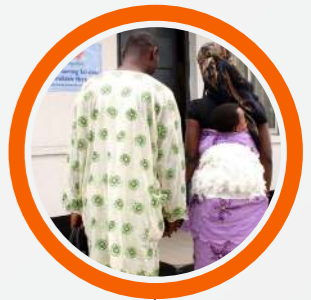
KNOW. TALK. GO.

Support Family Planning

BE WISE!

See Your Health Provider.
Make a Choice Now!

FAMILY PLANNING / CHILDBIRTH SPACING METHODS



KNOW

the facts
about family
planning

TALK

to your
partner
about family
planning

GO

for family
planning

The right method is the one
that suits you



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Photo Credit:
Female Condom. ©2000 Center for Communication Programs
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<http://www.getittogether.ng>



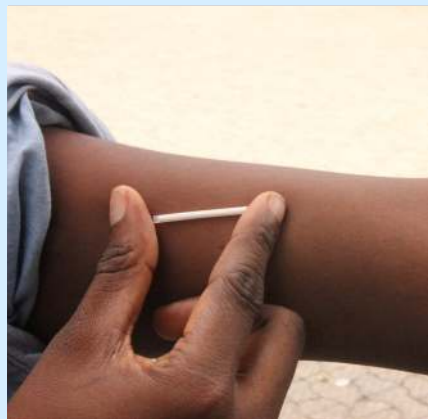
Pill

- Effective short-acting method that is taken everyday
- Safe for women of any age, including women who have never had a baby
- The mini-pill is safe for breastfeeding mothers.



Injectable

- Effective short-acting method that lasts 2 or 3 months
- Safe for women of any age, including women who have never had a baby
- Safe for breastfeeding mothers with a baby more than 6 weeks old.



Implant

- Effective long-acting method that lasts 3-5 years
- Safe for women of any age, including women who have never had a baby
- Safe for breastfeeding mothers.



IUD

- Effective long-acting method that lasts 5-10 years
- Safe for women of any age, including women who have never had a baby
- Can use within 48 hours of childbirth
- Safe for breastfeeding mothers.



Male Condom

- Effective short-acting method that is used at the time of sex
- When used correctly at every time, it:
 - Prevents the female partner from getting pregnant
 - Prevents Sexually Transmitted Infections (STIs), including HIV/AIDS.



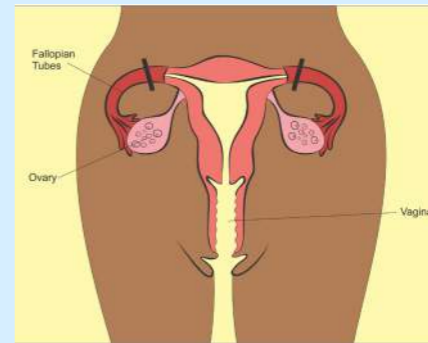
Female Condom

- Effective short-acting method that is used at the time of sex
- When used correctly at every time, it:
 - Prevents pregnancy
 - Prevents Sexually Transmitted Infections (STIs), including HIV/AIDS
 - is safe for breastfeeding mothers.



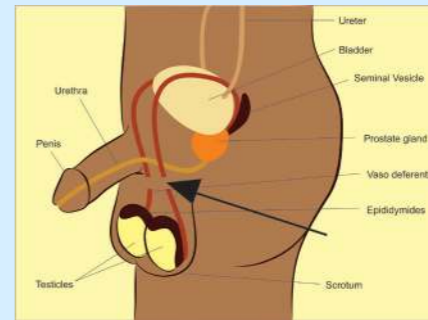
Exclusive Breastfeeding Method (LAM)

- Effective post-partum method when women meet all three criteria:
 - Are breastfeeding exclusively (day and night)
 - Have an infant younger than 6 months old
 - Do not have menstrual bleeding.



Tubal Ligation

- Effective permanent method for women who do not wish to get pregnant again.



Vasectomy

- Effective permanent method for men who do not want their partners to get pregnant again.