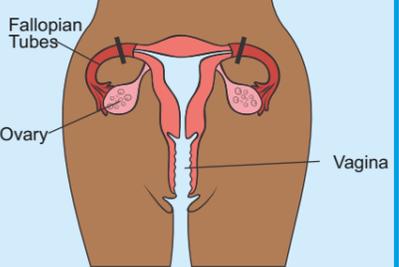
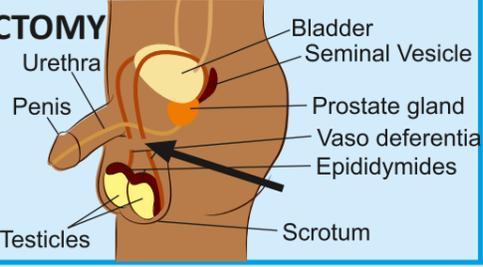


What do you KNOW about Family Planning/Childbirth Spacing Methods?

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