PLAN YOUR FAMILY

Decide **WHEN** to get pregnant, and the number of children you can afford

Find out which family planning method is right for you at your nearest Health Centre
Birth control pills are tablets that women can take daily to prevent pregnancy. They are also sometimes called “the pill” or oral contraception.

There are 2 types of Pill:
1. Combined Pill
2. Progestogen-only Pill

Use a condom with the Pill to prevent HIV and other STIs

Smoking cigarettes while taking the Pill increases a woman's chances of side effects

Find out if the Pill is right for you at your nearest Health Centre
The Male Condom

SAFE EFFECTIVE INEXPENSIVE

Take responsibility for preventing pregnancy and sexually transmitted infections

‘Use condoms correctly & consistently every time you have sex.’

When used consistently and correctly with every act of sexual intercourse, male condoms can prevent pregnancy and STIs, including HIV and AIDS.

They are very easy to find and use, safe and have no hormonal side-effects. The use of the condom can be stopped at any time, and fertility returns shortly after each use.

Ask your health provider how to use a condom correctly
The female condom is another Safer Sex option that protects women and their male partners from STIs, HIV and Unplanned Pregnancy.

IT'S TIME TO TAKE CONTROL!

ASK ABOUT THE FEMALE CONDOM AT YOUR NEAREST HEALTH CENTRE AND REDUCE YOUR RISK.
The IUD
INTRAUTERINE DEVICE

What is an IUD?
A small T-shaped plastic device covered with copper that is placed in a woman’s uterus (womb) to prevent pregnancy.

An IUD’s contraceptive action begins as soon as the device is placed in the uterus and stops as soon as it is removed

- IUDs have an effectiveness rate of close to 100%
- IUDs are a reversible form of contraception. Once the device is removed, a woman regains her fertility

Intrauterine devices (IUDs) are an excellent choice of contraception for women who are seeking a long-term and effective birth control method, particularly those wishing to avoid risks and side effects of hormonal methods.

Find out more at your nearest Health Centre
Emergency Contraception

ACCIDENTS HAPPEN.... PREGNANCY DOESN’T HAVE TO!

You can still PREVENT PREGNANCY AFTER SEX by using the Emergency Contraceptive Pill

Use as soon as possible within 72 HOURS if you had unprotected sex

Find out more about the Emergency Contraception Pill at your nearest Health Centre