

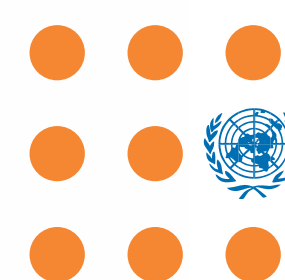
PLAN YOUR FAMILY

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



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The Pill

More than
100 million
women worldwide
use the
contraceptive pill

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



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The **Male Condom**



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**



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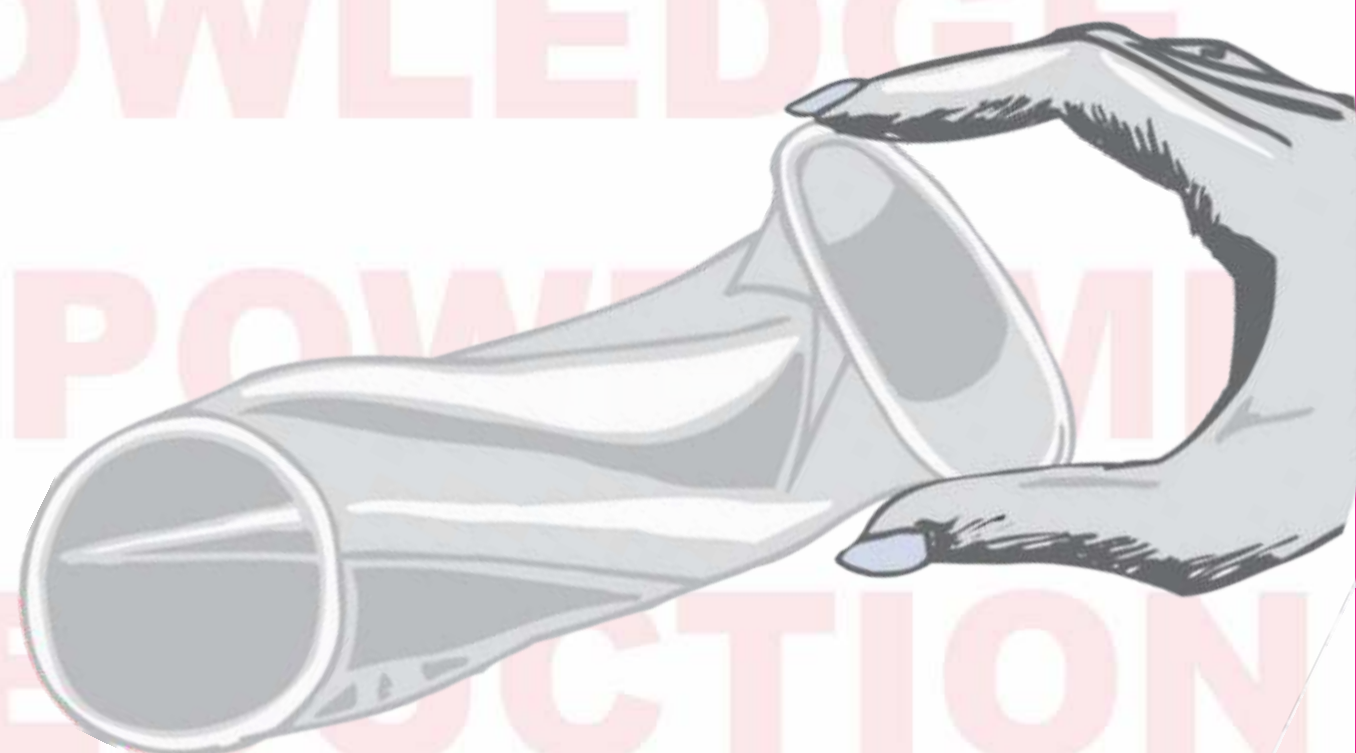


The Female Condom



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

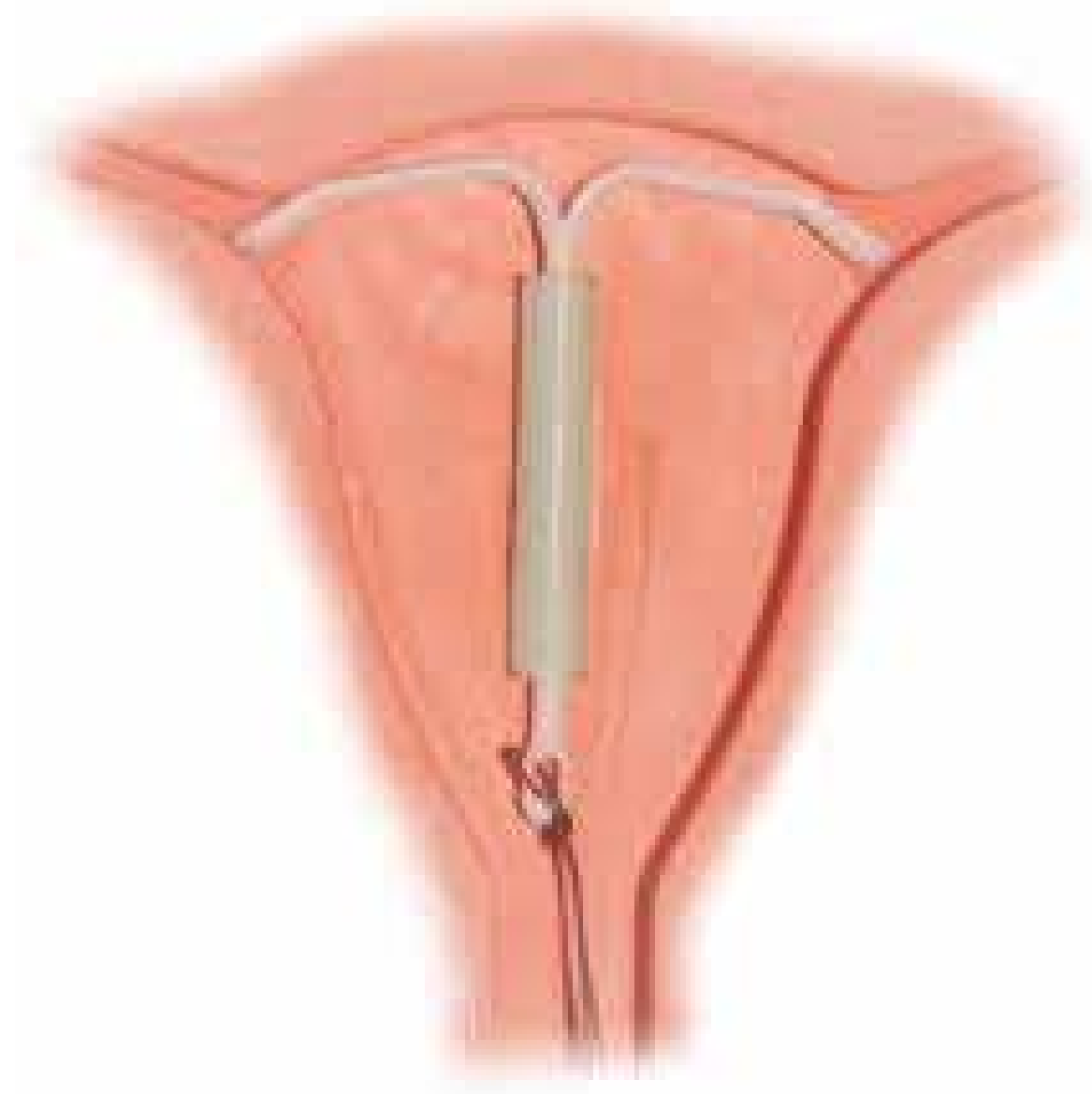


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The IUD

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**



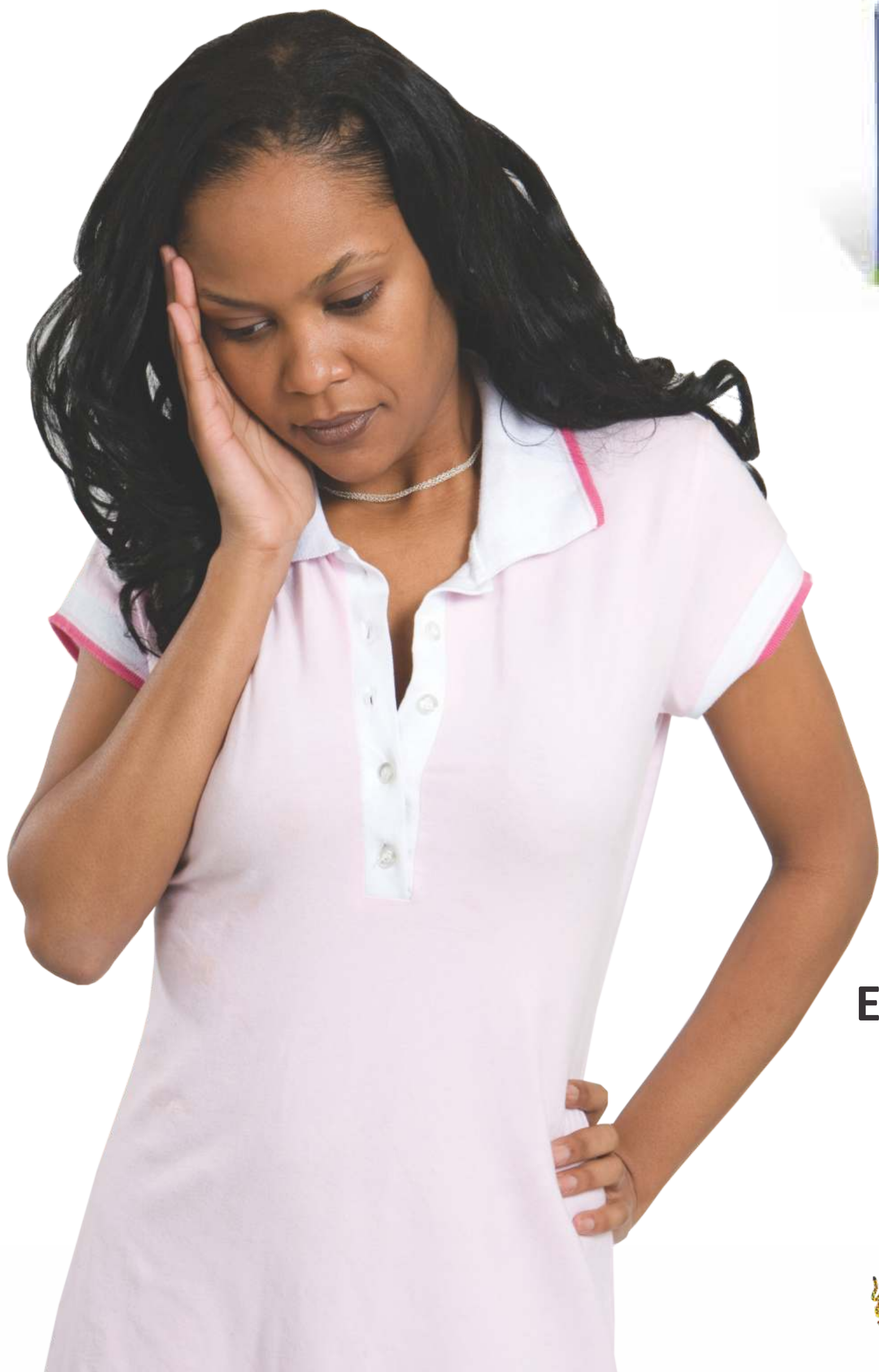
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Emergency Contraception

**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**



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