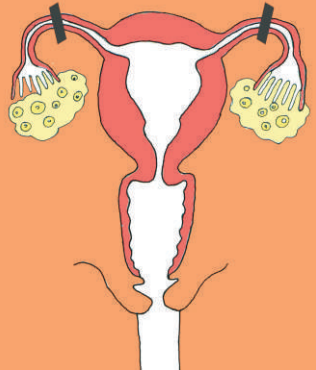


Exclusive Breastfeeding Method (LAM)



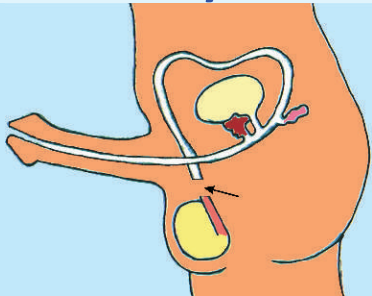
- Effective post-partum method when women meet all three criteria:
 - Are breastfeeding exclusively (day and night)
 - Have an infant younger than 6 months old
 - Do not have menstrual bleeding

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 partner to get pregnant again

Family Planning / Childbirth Spacing Methods



BE WISE!

See Your Health Provider. Make a Choice Now!



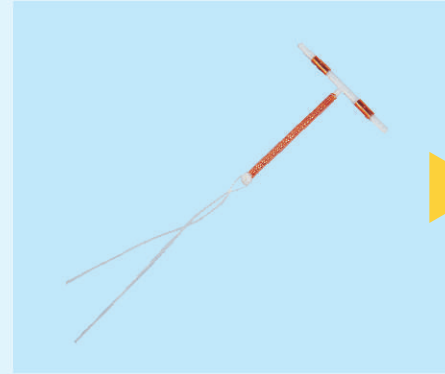
*The right method is the
one that suits you*

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 with a baby more than 6 weeks old

IUD



- Effective long-acting method that lasts 5-10 years
- Can use within 48 hours of childbirth
- 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

Male Condom



- Effective short-acting method that is used at the time of sex
- Used correctly and every time it:
 - Prevents pregnancy
 - Prevents Sexually Transmitted Infections (STIs), including HIV/AIDS

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 with a baby more than 6 weeks old

Female Condom



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