

FAMILY PLANNING METHODS

<p>Lactational Amenorrhoea Method</p>	<p>Male Condom</p>	<p>Female Condom</p>
<p>Pill</p>	<p>Implant</p>	<p>Injectable</p>
<p>IUD</p>	<p>Tubal Ligation</p>	<p>Vasectomy</p>

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Family Planning Methods

- Family planning methods are a safe and healthy way to space children and prevent pregnancies.
- Each family planning method works differently. If you want to use a family planning method, you can learn about each method and decide which is best for you.
- You can visit a VHT member or health center to learn more about family planning methods.
- When using a family planning method, be sure to follow all instructions. The method must be used correctly in order to work.

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