

Some family planning methods can be self-managed — meaning you can use them yourself - with or without the support of a health worker



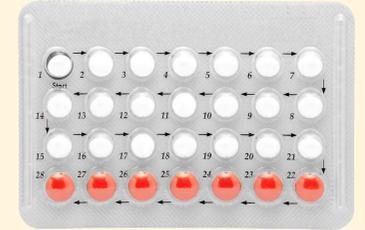
Does not need a health worker



Repeat after **3 months** to avoid pregnancy



Take **daily** to avoid pregnancy



Take **daily** to avoid pregnancy



Take **morning after sex** to avoid pregnancy



Use **throughout sex** to avoid pregnancy



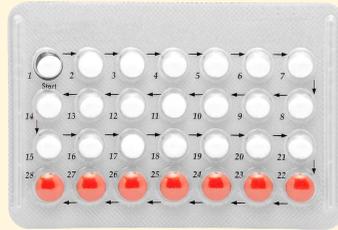
Does not need a health worker



Repeat after **3 months** to avoid pregnancy



Take **daily** to avoid pregnancy



Take **daily** to avoid pregnancy



Take **morning after sex** to avoid pregnancy



Use **throughout sex** to avoid pregnancy



Needs a health worker



Repeat after **3 months** to avoid pregnancy



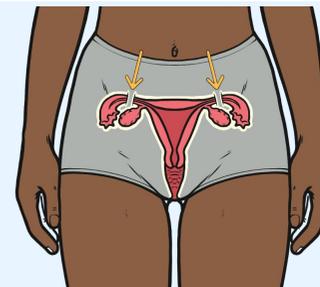
Repeat after **5 years** to avoid pregnancy



Repeat after **10 years** to avoid pregnancy



Repeat after **3-5 years** to avoid pregnancy



The only way to **permanently** avoid pregnancy

What are some benefits of self-managed FP?

You as an individual play the most important role in maintaining your health.



Self-care can help you maintain privacy and confidentiality.



It is more convenient and can save you time- sometimes the health facility is too busy or too far away.

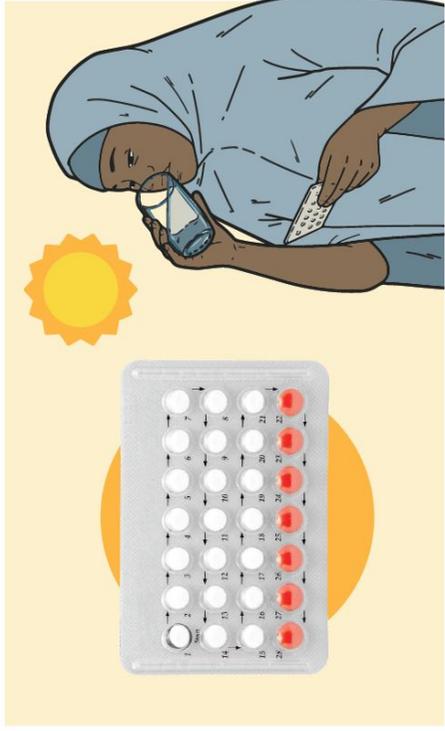
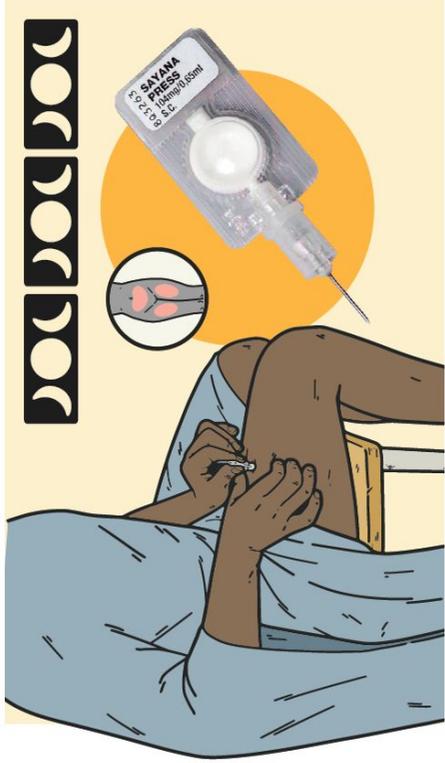


If you are traveling, practicing and using self-care products can help you stay healthy when you don't have access to a health facility.

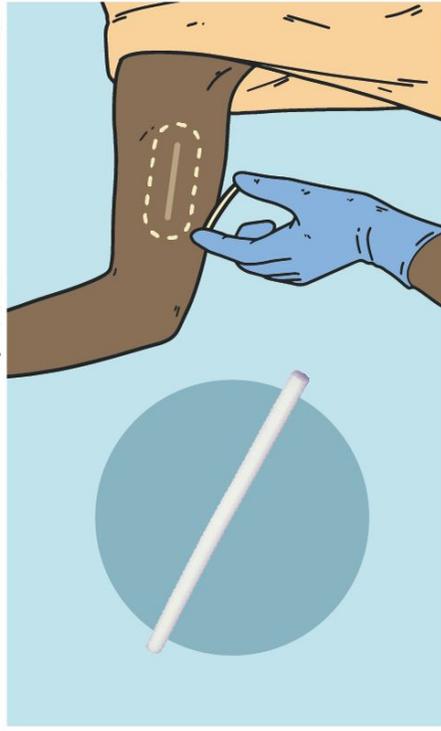
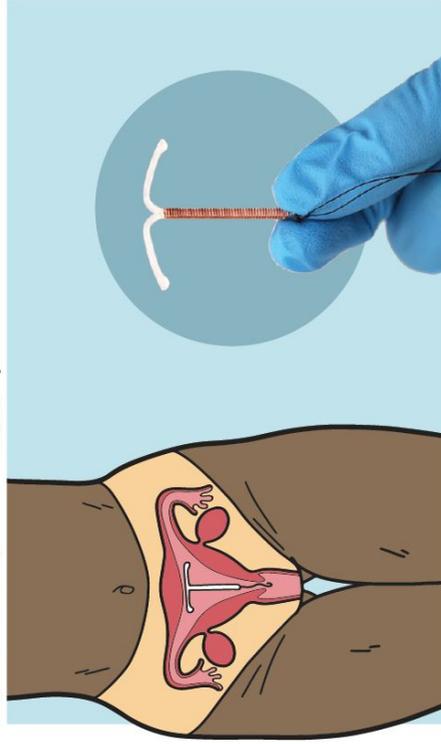
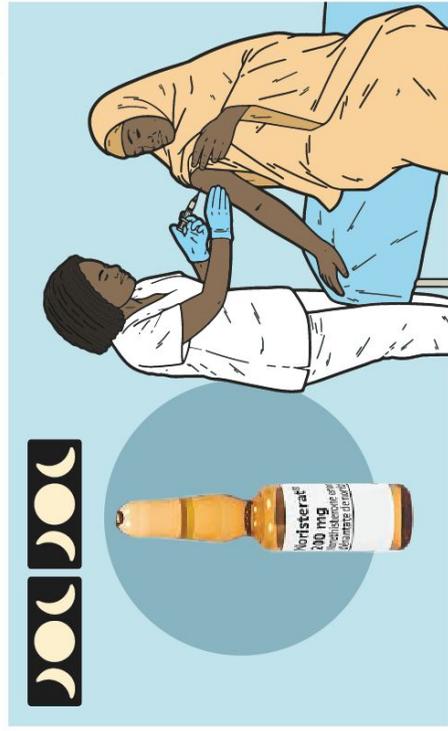
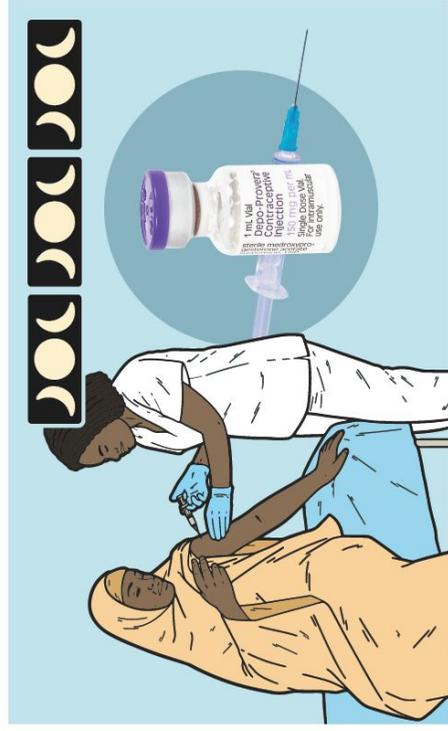


When emergencies arise, practicing self-care can help you remain healthy even when you can't access a health facility.

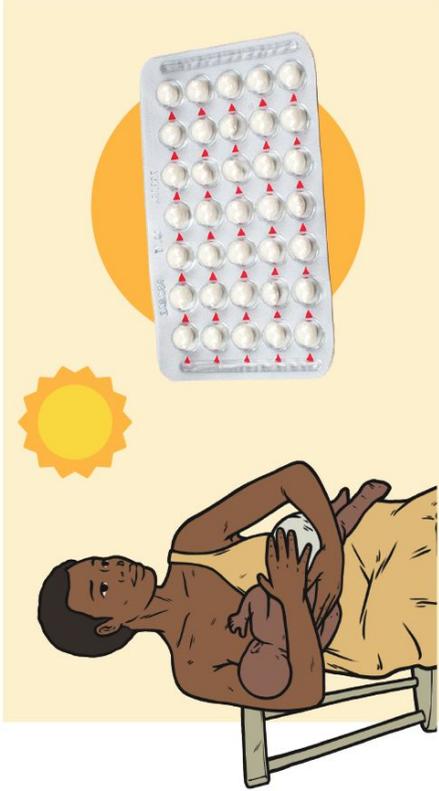
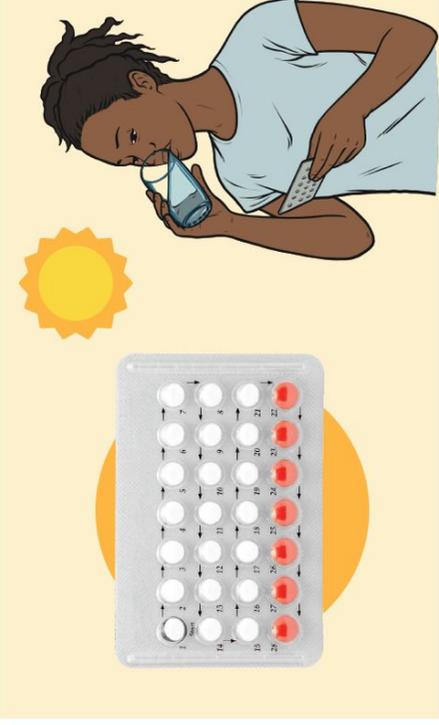
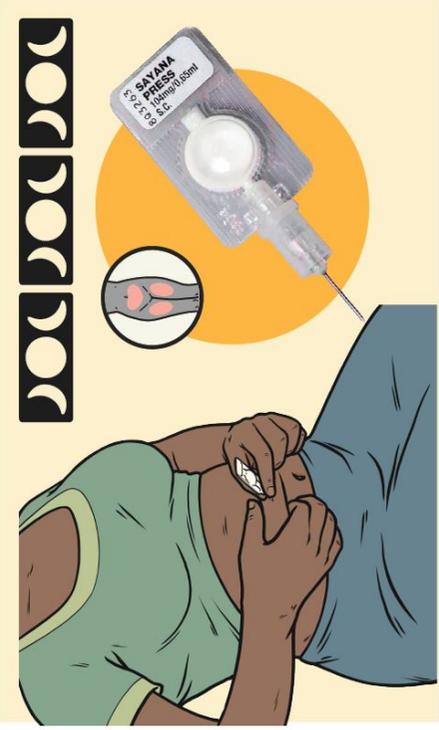
FP methods that DO NOT need a health worker



FP methods that need a health worker



FP methods that DO NOT need a health worker



FP methods that need a health worker

