

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



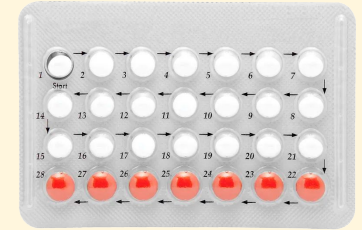
## Does not need a health worker



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



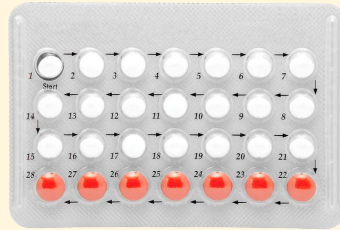
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## Needs a health worker



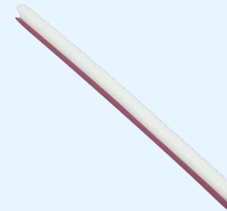
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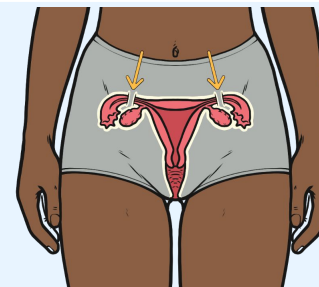
Repeat after **5 years** to avoid  
pregnancy



Repeat after **10 years** to  
avoid pregnancy



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



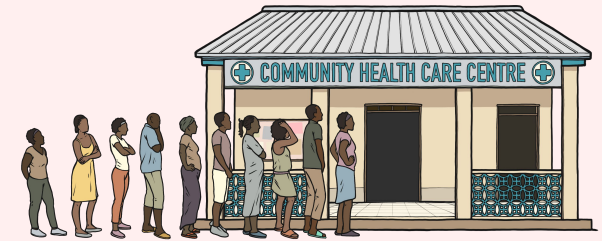
The only way to  
**permanently** avoid  
pregnancy

# 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.



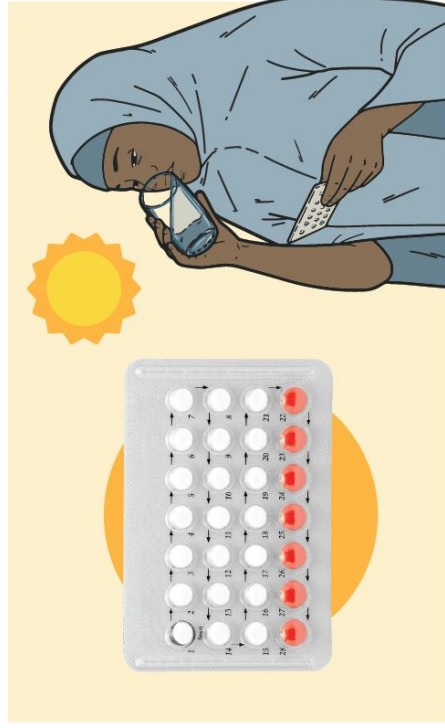
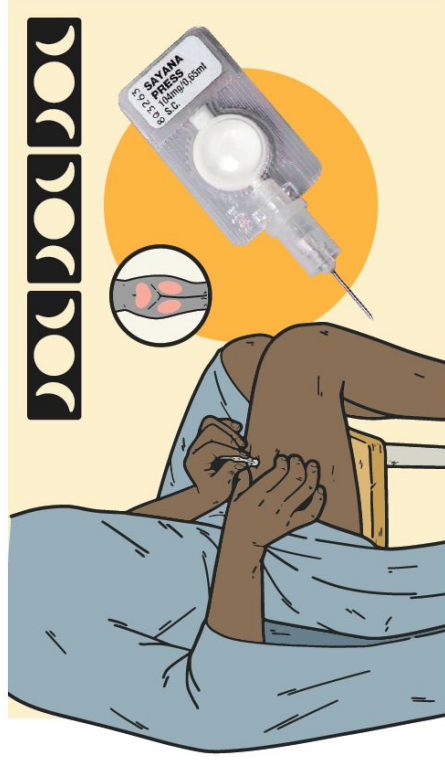
If you are traveling, practicing and using self-care products can help you stay healthy when you don't have access to a health facility.



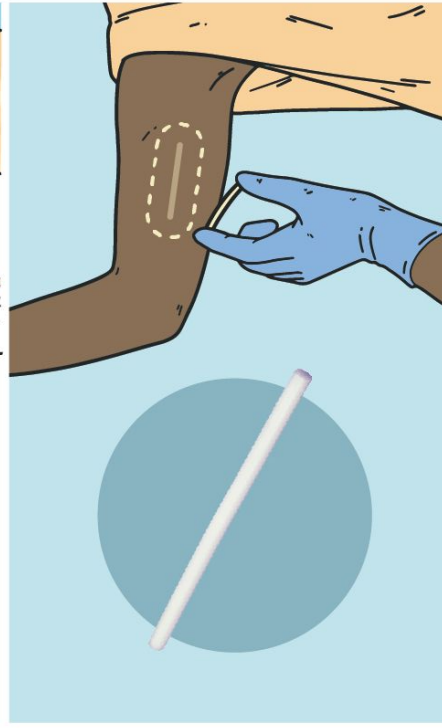
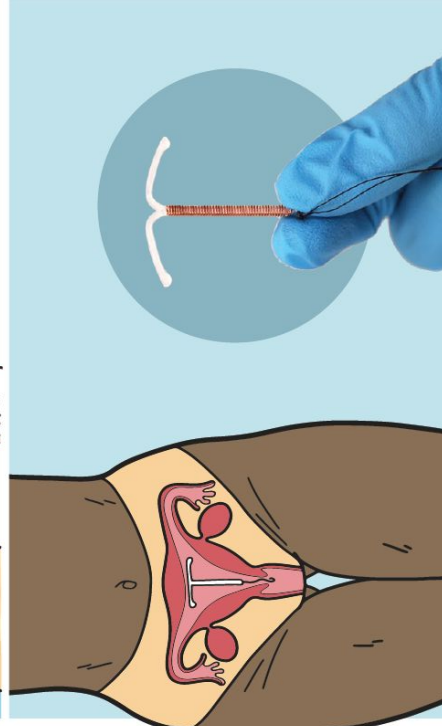
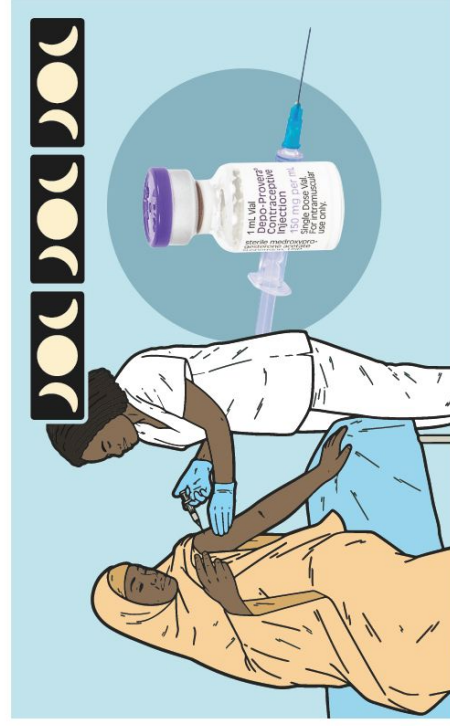
When emergencies arise, practicing self-care can help you remain healthy even when you can't access a health facility.



## FP methods that DO NOT need a health worker

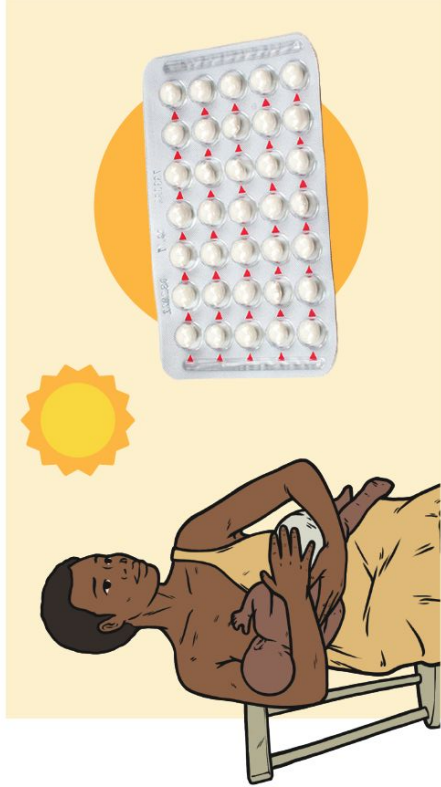
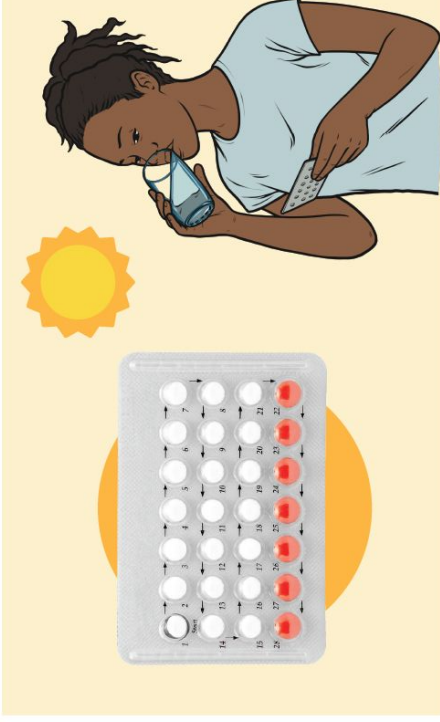
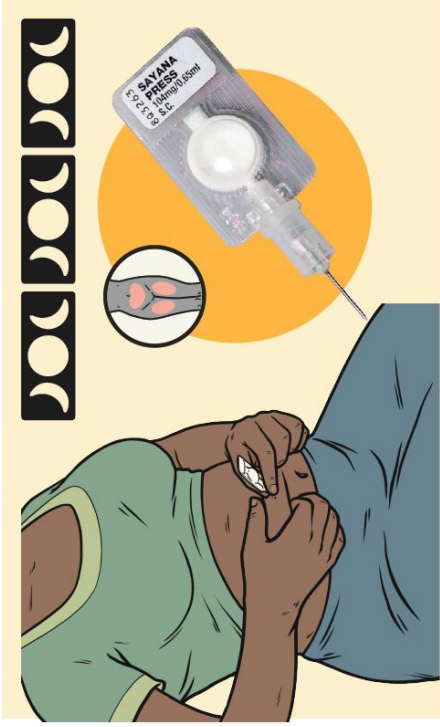


## FP methods that need a health worker





## FP methods that DO NOT need a health worker



## FP methods that need a health worker

