<table>
<thead>
<tr>
<th>Oral Contraceptive Pills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective short-acting method that is taken every day.</td>
</tr>
<tr>
<td>Safe for women of any age, including women who have never had a baby.</td>
</tr>
<tr>
<td>The mini-pill is safe for breastfeeding mothers anytime after delivery.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Male Condom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective short acting method that is used at the time of sex.</td>
</tr>
</tbody>
</table>
| When used correctly at every time, it:
- Prevents pregnancy. |
- Prevents against some sexually transmitted infections (STIs), including HIV/AIDS. |

<table>
<thead>
<tr>
<th>Injectable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective short-acting method that lasts 2 or 3 months.</td>
</tr>
<tr>
<td>Safe for women of any age, including women who have never had a baby.</td>
</tr>
<tr>
<td>Safe for breastfeeding mothers with a baby older than 6 weeks.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Female Condom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective short acting method that is used at the time of sex.</td>
</tr>
</tbody>
</table>
| When used correctly at every time, it:
- Prevents pregnancy. |
- Prevents against some sexually transmitted infections (STIs), including HIV/AIDS. |
- Safe for breastfeeding mothers. |

<table>
<thead>
<tr>
<th>Implant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective long acting method that lasts 3-5 years.</td>
</tr>
<tr>
<td>Safe for women of any age, including women who have never had a baby.</td>
</tr>
<tr>
<td>Safe for breastfeeding mothers anytime after delivery.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tubal Ligation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective permanent method for women who do not wish to get pregnant again.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emergency Contraceptive Pills (ECPs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used only for emergencies and not appropriate for regular use.</td>
</tr>
<tr>
<td>Can prevent pregnancy when taken up to 120 hours after unplanned sexual intercourse.</td>
</tr>
<tr>
<td>Should not be taken more than twice a month.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Exclusive Breastfeeding Method (LAM)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective post-partum method when women meet all three criteria:</td>
</tr>
</tbody>
</table>
- Are breastfeeding exclusively (day and night). |
- Have an infant younger than 6 months old. |
- Do not have menstrual bleeding. |

<table>
<thead>
<tr>
<th>Vasectomy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective permanent method for men who do not want their partner to get pregnant again.</td>
</tr>
</tbody>
</table>

**Lagos:**
For more information, visit any Childhood Spacing Centre at:
- Alimosho: Alimosho Primary Health Centre, Alimosho, Lagos.
- Ikotun: Ikotun Primary Health Centre, Ikotun, Lagos.
- Kosofe: Kosofe Primary Health Centre, Kosofe, Lagos.
- Mushin: Mushin Primary Health Centre, Mushin, Lagos.
- Magodo: Magodo Primary Health Centre, Magodo, Lagos.
- Maryland: Maryland Primary Health Centre, Maryland, Lagos.
- Yaba: Yaba Primary Health Centre, Yaba, Lagos.
**Family Planning/ Childbirth Spacing Methods**

**Oral Contraceptive Pills**
- Effective short-acting method that is taken everyday
- Safe for women of any age, including women who have never had a baby
- Mini-pill is safe for breastfeeding mothers anytime after delivery

**Injectables**
- 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 older than 6 weeks

**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 anytime after delivery

**Intra-Uterine Device (IUD)**
- Effective method that lasts 5-10 years
- Safe for women of any age, including women who have never had a baby
- Safe for breastfeeding mothers
- Can be used within 48 hours of childbirth or after 6 weeks of childbirth

**Emergency Contraceptive Pills (ECPs)**
- Used only for emergencies and not appropriate for regular use
- Can prevent pregnancy when taken up to 120 hours after unplanned sexual intercourse
- Should not be taken more than twice a month

**Male Condom**
- Effective short acting method that is used at the time of sex
- When used correctly at every time, it:
  - Prevents pregnancy
  - Prevents against some sexually transmitted infections (STIs), including HIV/AIDS

**Female Condom**
- Effective short acting method that is used at the time of sex
- When used correctly at every time, it:
  - Prevents pregnancy
  - Prevents against some sexually transmitted infections (STIs), including HIV/AIDS
  - Safe for breastfeeding mothers

**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
**Oral Contraceptive Pills**
- 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 anytime after delivery

**Injectables**
- 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 older than 6 weeks

**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 anytime after delivery

**Intra-Uterine Device (IUD)**
- Effective method that lasts 5-10 years
- Safe for women of any age, including women who have never had a baby
- Safe for breastfeeding mothers
- Can be used within 48 hours of childbirth or after 4 weeks of childbirth

**Emergency Contraceptive Pills (ECPs)**
- Used only for emergencies and not appropriate for regular use
- Can prevent pregnancy when taken up to 120 hours after unplanned sexual intercourse
- Should not be taken more than twice a month

**Male Condom**
- Effective short-acting method that is used at the time of sex
- When used correctly at every time, it:
  - Prevents pregnancy
  - Prevents against some sexually transmitted infections (STIs), including HIV/AIDS

**Female Condom**
- Effective short-acting method that is used at the time of sex
- When used correctly at every time, it:
  - Prevents against some sexually transmitted infections (STIs), including HIV/AIDS
  - Safe for breastfeeding mothers

**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