



I HAVE A PLAN FOR FAMILY PLANNING



I am using a coil-its my choice

"I am not ready to get pregnant again So I decided to use the coil because the coil is good for up to 12 years and it can be removed easily any time I want to get another child . Its my choice."

Visit your nearest Maternal and Child health clinic for more information regarding coil and other family planning methods



NIMEJIPANGA KIMAISHA KATIKA UZAZI WA MPANGO



Chaguo langu ni njia ya lupu

"Siko tayari kupata ujauzito sasa hivi. Nimeamua kutumia lupu ambayo hutumika kwa miaka 12, ni njia salama ya muda mrefu na kuaminika - sina wasiwasi tena wa kupata ujauzito nisioutegemea-ni rahisi kupata ujauzito mara tu lupu ikitolewa na mtaalam wa afya"

Nenda kituo cha huduma za afya ya baba/mama na mtoto kilicho karibu nawe ili upate maelezo zaidi kuhusu lupu kwa mwanamke na njia nyingine za uzazi wa mpango wa kudumu.

