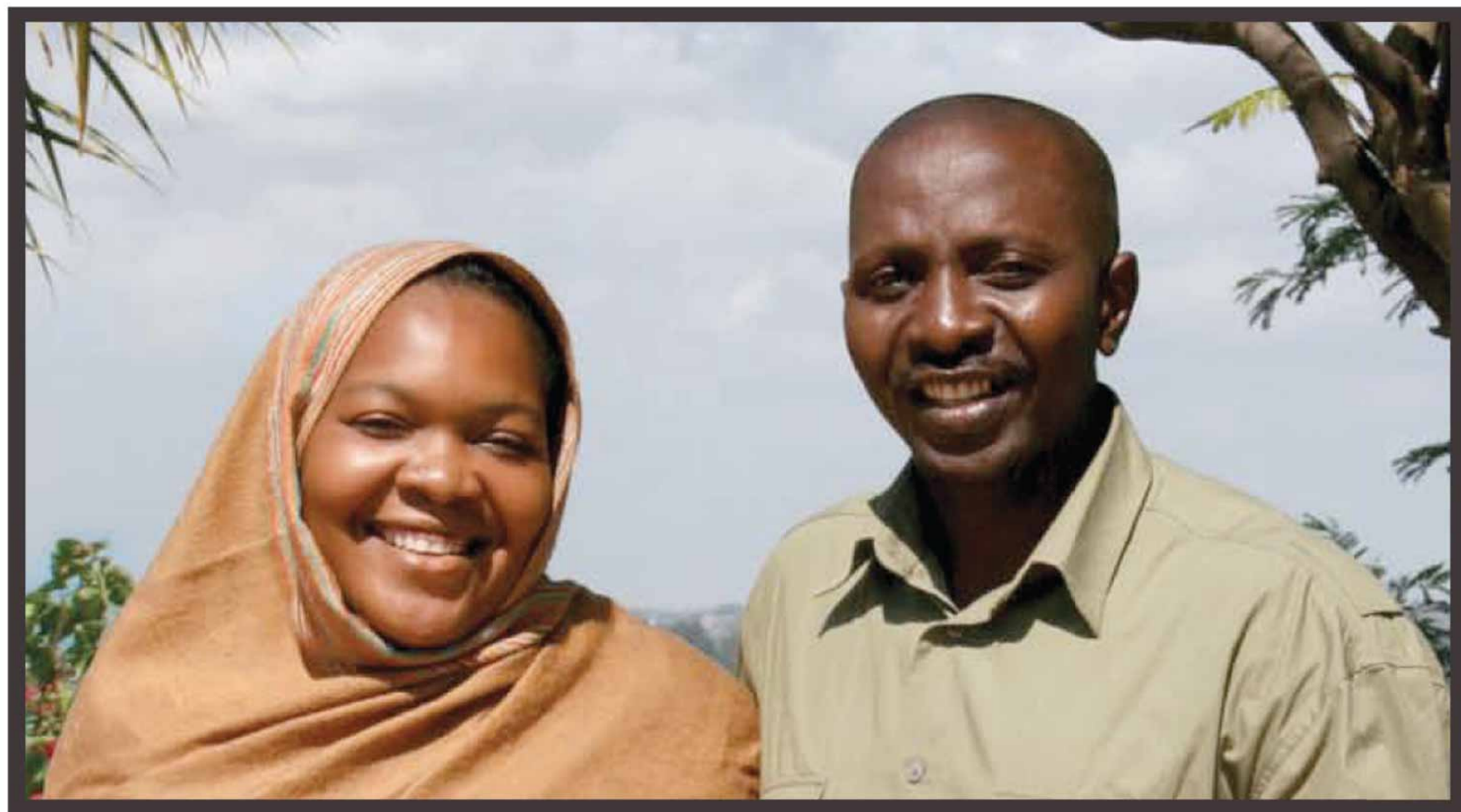




WE HAVE A PLAN FOR FAMILY PLANNING



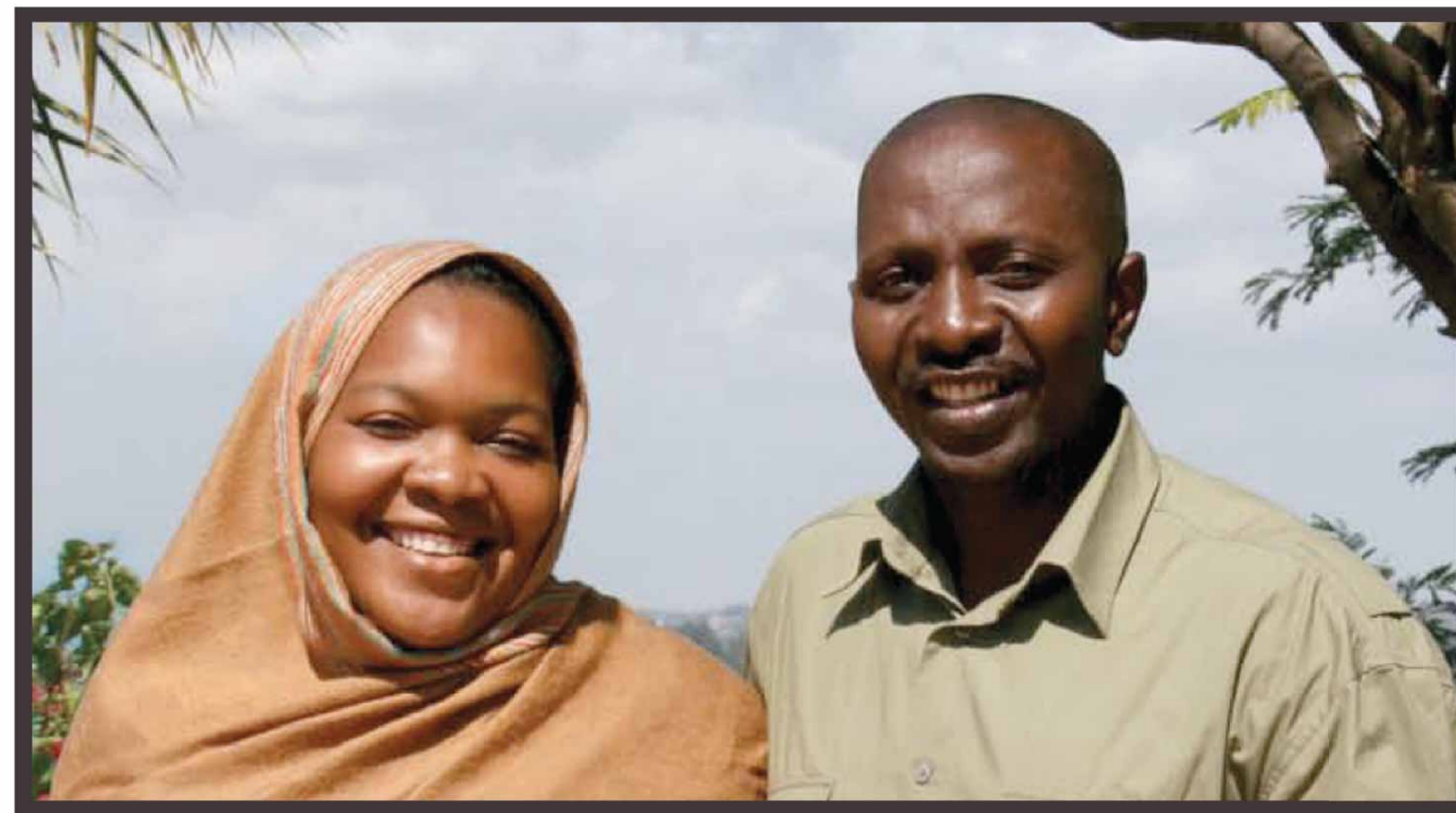
Our Choice is to have female tubaligation

“My Partner and I decided that we are happy with the children that we already have. so I decided to do female tubeligation because tubaligation is safe, reliable and no side effects. My husband and I are very happy with our choice.”

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



TUMEJIPANGA KIMAISHA KATIKA UZAZI WA MPANGO



Chaguo letu ni kufunga uzazi kwa mwanamke.

“Mimi na mwenzangu tumeridhika na idadi ya watoto tulionao hivyo nikaamua kufunga uzazi. Ni njia iliyo salama ya kudumu na ya kuaminika. Tunafurahia sana maamuzi yetu.”

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

