



## WE HAVE A PLAN FOR FAMILY PLANNING



### *Our Choice is Vasectomy*

After being satisfied with the number of children we already have, I chose to have Vasectomy because it is safe, reliable and permanent method of male sterilization. The procedure doesn't take long time most importantly our sex life hasn't changed abit.

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



## TUMEJIPANGA KIMAISHA KATIKA UZAZI WA MPANGO



### *Chaguo letu ni kufunga uzazi kwa mwanaume*

“Baada ya mimi na mwenzangu kupata idadi ya watoto tunaohitaji, niliamua kufunga uzazi kwani ni njia iliyo salama ya kudumu na rahisi ya kupanga uzazi kwa mwanaume. Ufungaji wake huchukua muda mfupi na muhimu zaidi maisha yetu ya kimapenzi hayajaathirika hata kidogo!”

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

