



*Do you know the Facts about
family planning?
Check your knowledge:*

T or F

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| <p>1 IT IS BEST FOR YOUR HEALTH TO WAIT THREE YEARS BEFORE HAVING ANOTHER CHILD AFTER GIVING BIRTH.</p> <p>2 A MENSTRUATING WOMAN CANNOT GET PREGNANT.</p> <p>3 CONDOMS ARE THE ONLY CONTRACEPTIVE METHOD THAT PREVENTS BOTH PREGNANCY AND SEXUALLY TRANSMITTED INFECTIONS (STIs).</p> <p>4 THE PILL CAN CAUSE INFERTILITY.</p> <p>5 THE IUD COIL CAN MOVE THROUGH THE WOMB AND PIERCE OTHER ORGANS.</p> <p>6 THE PILLS CAUSE BIRTH DEFECTS.</p> | <p>7 INJECTABLES MAY CAUSE TEMPORARY CHANGES IN MENSTRUAL BLEEDING.</p> <p>8 THE PILL CAN BE TAKEN RIGHT AFTER YOU'VE HAD RELATIONS (SEX) AND PREVENT YOU FROM GETTING PREGNANT.</p> <p>9 ONLY BREASTFEEDING A CHILD DURING THE FIRST 6 MONTHS HELPS TO AVOID PREGNANCY.</p> |
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True or False?
ANSWERS:

1 T, 2 F, 3 T, 4 F, 5 F, 6 F, 7 F, 8 T, 9 F

*Talk to a health care provider you trust at
your workplace or in your community*

CALL: +00 123 456 789 - 00 · MAIL@HEALTHYWORKER.COM



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