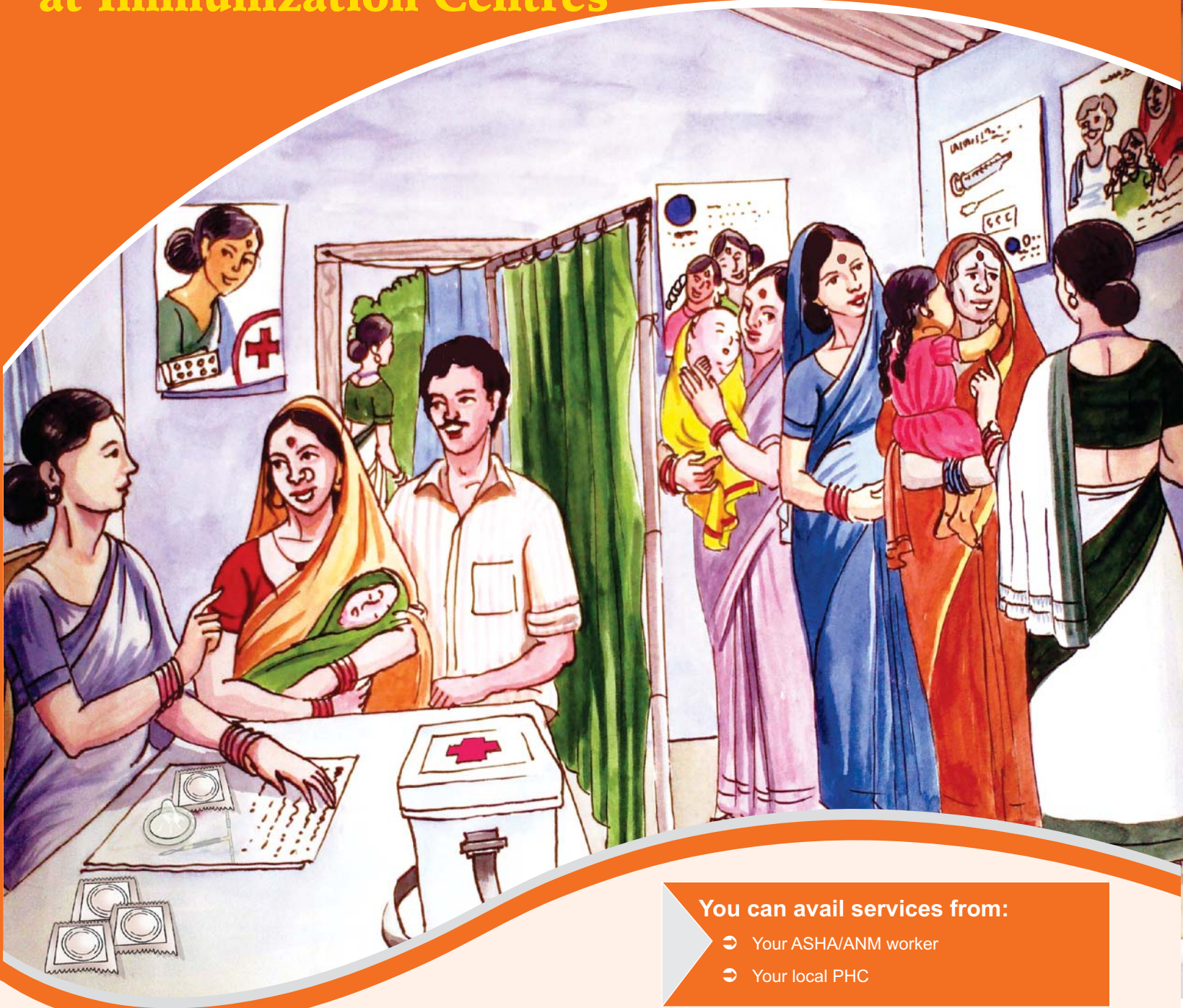


Immunization Programme

Vaccine	When to Receive
For Pregnant women	
TT-1	Early in pregnancy at first contact
TT-2	4weeks after TT-1
TT-Booster	If pregnancy occurs with in three years of last TT vaccinations*
For infants	
BCG	At birth (for institutional deliveries) or along with DPT-1
Hepatitis B 0	At birth for institutional delivery, preferably within 24 hours of delivery
OPV-0	At birth, if delivery is in institution
OPV1, 2 and 3	At 6 weeks, 10 weeks and14 weeks
DPT1, 2 and 3	At 6 weeks, 10 weeks and 14 weeks
Hepatitis B1, 2 and 3	At 6 weeks, 10 weeks and 14 weeks
Measles	9–12 months
Vitamin A (1st dose)	At 9 months, with measles
For children	
DPT booster	1st booster at 16–24 months
OPV booster	16–24 months
JE	16–24 months
MR	16–24 months
Vitamin A (2nd to 9th dose)	2nd dose at 16 months, with DPT/OPV booster. 3rd to 9th doses are given at an interval of 6 month till 5 years of age.
DPT booster	2nd booster at 5 years of age
TT	10 years and 16 years



Family Planning Services Now Available at Immunization Centres



You can avail services from:

- Your ASHA/ANM worker
- Your local PHC


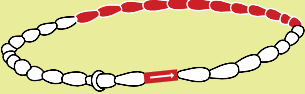
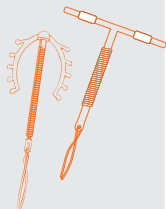


A Small Family is a Happy Family




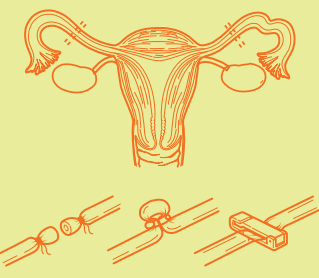
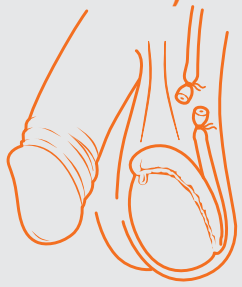
Next Date: -----  
Age at Marriage: ----- No. of Children: -----  
Beneficiary's Name: ----- Age: -----  
Nearest Health Centre: -----  
Name of the Sahitya: ----- Phone No.: -----



Family Planning and Immunization  
Integrated Services

Methods	Benefits	Limitations
<b>Lactational Amenorrhea Method (LAM)</b> 	<ul style="list-style-type: none"><li>• Good for mother and new born</li><li>• Can be used right after delivery; no delay</li><li>• No additional supplies/materials/expense</li><li>• 98% effective if all three criteria met<ol style="list-style-type: none"><li>1. Exclusive breast feeding, day &amp; night</li><li>2. Monthly bleeding has not returned</li><li>3. Baby is less than six months old</li></ol></li></ul> Transition to another contraceptive method if any of the three criteria expires	<ul style="list-style-type: none"><li>• Does not protect against STIs, including HIV/AIDS</li><li>• Short-term method – can be used only for six months</li></ul>
<b>Standard Days Method</b> 	<ul style="list-style-type: none"><li>• Safe for nearly all women</li><li>• It is a simple and natural method to use does and not need external supplies.</li><li>• Has no side effects or complications</li><li>• 95% effective if used correctly</li><li>• Using the colored cycle beads, the woman can identify the days when unprotected intercourse should be avoided.</li></ul>	<ul style="list-style-type: none"><li>• Postpartum women need to wait until they have three months in a row of regular menstrual bleeding before they can initiate SDM</li><li>• Less effective in women who have cycles shorter than 26 days or longer than 32</li><li>• Provides no protection from STI/HIV</li></ul>
<b>Intra Uterine Contraceptive Device (IUCD)</b> 	<ul style="list-style-type: none"><li>• Safe for nearly all women</li><li>• Can be inserted right after delivery or within the first 48 hours</li><li>• Delay insertion until after six weeks postpartum, if not inserted during first 48 hours postpartum</li><li>• &gt;99% effective</li><li>• Can provide protection for 5-10 years, but when removed, fertility return without delay.</li><li>• Has no effect on breast feeding</li></ul>	<ul style="list-style-type: none"><li>• First few cycles of bleeding may be heavier, more painful than usual</li><li>• Does not protect against STIs, including HIV/AIDS</li><li>• Requires a trained provider to insert and remove.</li></ul>
<b>Oral Contraceptive Pills (COCs)</b> 	<ul style="list-style-type: none"><li>• Safe for nearly all women</li><li>• About 99% effective, if used correctly</li><li>• Must remember to take a pill every day</li><li>• No delay in return of fertility after stopping</li><li>• On cancer while positive information, mey harm some women.</li><li>• Make menstrual cycles regular and menstrual bleedings light</li><li>• Delay start until 6 months for breast feeding woman and 3 weeks for non-breast feeding woman</li></ul>	<ul style="list-style-type: none"><li>• Require daily uptake</li><li>• Have common side effects, such as headaches, dizziness, nausea, breast tenderness (all diminish after the first three months of use)</li><li>• Provide no protection from STI/HIV</li><li>• Require access to re-supply</li></ul>
<b>Emergency Contraceptive Pills(ECPs)</b> 	<ul style="list-style-type: none"><li>• Safe for all women</li><li>• Can prevent pregnancy, if taken within 72 hours after unprotected sexual intercourse</li><li>• No delay in return of fertility after stopping</li><li>• To stay protected, the women should start using an other regular, appropriate contraceptive method immediately</li></ul>	<ul style="list-style-type: none"><li>• Not as effective as most of the regular contraceptive methods</li><li>• Does not protect against STIs, including HIV/AIDS</li></ul>

Family Planning and Immunization  
Integrated Services

Methods	Benefits	Limitations
<b>Condom</b> 	<ul style="list-style-type: none"><li>• Can protect against pregnancy and some sexually transmitted infections, including HIV</li><li>• Can be used after delivery as soon as couple resumes intercourse</li><li>• Safe for everyone and have no side effects</li><li>• 98% effective if used consistently and correctly (although correct and consistent use may be hard to achieve)</li></ul>	<ul style="list-style-type: none"><li>• Must have reliable access to resupply</li><li>• About 85% effective as commonly used</li><li>• Must be used correctly with every act of sexual intercourse to be effective</li><li>• Requires partner cooperation</li></ul>
<b>Female Sterilization</b> 	<ul style="list-style-type: none"><li>• Provides permanent protection for women and couples who are certain that they don't want any more children</li><li>• Simple procedure, with no side effects.</li><li>• &gt;99% effective</li><li>• Can be done immediately or within the first seven days postpartum. Also can be done any other time starting at six weeks postpartum</li></ul>	<ul style="list-style-type: none"><li>• Does not protect against STIs, including HIV/AIDS</li><li>• Requires surgical procedure</li><li>• Cannot be reversed. If woman is unsure about ending fertility, she should choose another method</li></ul>
<b>No-Scalpel Vasectomy (NSV) (For husbands)</b> 	<ul style="list-style-type: none"><li>• Provides permanent protection for men and couples who are certain that they don't want any more children</li><li>• Can be done any time, even when wife/partner is pregnant</li><li>• &gt;99% effective</li><li>• Safe and simple surgical procedure</li></ul>	<ul style="list-style-type: none"><li>• Does not protect against STIs, including HIV/AIDS</li><li>• Requires surgical procedure</li><li>• Not effective for the first 3 months after the procedure. During that time, couples should use other methods of contraception, such as condoms or pills</li></ul>