

# WANT A PREGNANCY IN <1 YEAR?

## YES

-For best health of families, it's recommended your pregnancies are spaced 18 months from last birth to getting pregnant again

-Focus on your health

-Start taking folic acid or a prenatal vitamin daily

-Ask if the medications you are taking are safe during pregnancy

-Talk to your healthcare provider about quitting smoking, alcohol and/or other drugs

-Make sure any health conditions such as asthma, diabetes, anxiety and/or depression are being managed

-Get active: Physical activity can make a big difference

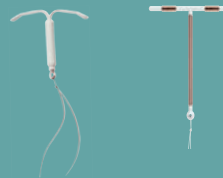
Reference: Power To Decide "One Key Question"

## NO

Use a method of birth control from the list below:



The Implant  
(Up to 3 years)



IUDs  
(Up to 5-10 years)



Sterilization



The Pill



The Patch



The Ring



The Shot



Fertility Awareness