“Universal” and Adaptable Information, Education, Communication (IEC) Templates for REPRODUCTIVE HEALTH
This tool contains sample information, education and communications (IEC) materials on select components of the Minimum Initial Service Package (MISP) for reproductive health and family planning. The MISP is a coordinated set of priority interventions that should be implemented at the onset of every new emergency to prevent and manage the consequences of sexual violence, reduce HIV transmission, and prevent excess maternal and newborn morbidity and mortality. The MISP has been an international standard since 1997, and a Sphere standard since 2004.

The basic presentation of the IEC materials considers the varying demographic characteristics, literacy levels, and cultural acceptance of reproductive health among community members in humanitarian settings. In order to convey the key messages most effectively, pictorial images and simple language are used. Images are in black and white to keep them simple, easy to print, and to avoid the potentially offensive use of color.

The IEC literature generally supports culturally tailored images, including hairstyles, clothing and facial features. The "universal templates" have been developed for you to draw features that contextualize the images to your setting (such as hair and clothing). The "variation templates" are based on the “universal templates,” and have been adapted to represent broad, but piloted ethnic features. All of the templates have a space for you to insert your agency logo, contact information and a small map. These templates have been developed so that you can have IEC materials readily available to share with the community once services have been established.

The interactive versions are available from http://www.iawg.net/iec/.

Template credits include: American College of Nurse-Midwives, Hesperian Foundation, World Health Organization, Meghan Fitzgerald and Stacey Patino.
For family planning information, counseling and contraceptives, talk to a health worker.
Don't let children break your back. Spacing children well is good for proper care and well-being.
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<table>
<thead>
<tr>
<th>FAMILY PLANNING METHOD</th>
<th>PROTECTION FROM PREGNANCY</th>
<th>PROTECTION FROM SEXUALLY TRANSMITTED INFECTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Barrier Methods</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male Condom</td>
<td>Good</td>
<td>Good</td>
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<tr>
<td>Female Condom</td>
<td></td>
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<tr>
<td><strong>Hormonal Methods</strong></td>
<td></td>
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<tr>
<td>Birth control pills, injections</td>
<td>Very Good</td>
<td>None</td>
</tr>
<tr>
<td>Implants</td>
<td>Best</td>
<td></td>
</tr>
<tr>
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</tr>
<tr>
<td><strong>Withdrawal</strong></td>
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</tr>
<tr>
<td><strong>Calendar Method</strong></td>
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<td>None</td>
</tr>
<tr>
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How to use a male condom (Circumcised)

1. Check expiration date
2. Use a new condom every time you have sex
3. Place condom on tip of erect penis with rolled side out
4. Unroll condom all the way to base of penis
5. When finished, hold rim and tip of condom, and withdraw penis while it is still hard
6. Throw away used condom

Insert agency logo and map here.
How to use a male condom
(Uncircumcised)

1. Check expiration date
2. Use a new condom every time you have sex
3. Roll foreskin back
4. Place condom on tip of erect penis with rolled side out
5. Unroll condom all the way to base of penis
6. When finished, hold rim and tip of condom, and withdraw penis while it is still hard
7. Throw away used condom
LAM
(Lactational Amenorrhea Method: Exclusive Breastfeeding)

The infant must be less than six months old.

The infant must be breastfed on demand.

The mother must not have menstruated since giving birth.

Breast milk must be the infant's only source of food.
What should you do if you think you may become pregnant after unprotected sex?

Go to a health worker as soon as possible for emergency contraceptive pills, within 5 days after unprotected sex.

If there are two pills, take both pills at the same time.
What to do after forced sex

If you were forced to have sex...

Going to a health facility as soon as possible can help you get health care, prevent pregnancy and serious illness, and receive counseling. Services are private and safe.
At the health center

- Treat Injuries
- Medications to prevent pregnancy and illness
- Supportive Counseling

- To prevent pregnancy, seek emergency contraception (EC) at the clinic within 5 days.
- To prevent sexually transmitted infections, ask for antibiotics.
- To prevent HIV, ask for post-exposure prophylaxis (PEP) within 3 days.
- To prevent tetanus, ask for tetanus toxoid within 1 week.
- To prevent hepatitis, ask for a vaccination within 2 weeks.
Preparing for Childbirth

- Pick up a birthing kit
- Plan to use a skilled birth attendant and if possible, to give birth in a facility
- Plan for emergency transportation
- Talk with family to plan for an emergency

Insert agency logo and map here.
Signs of a Complicated Pregnancy
If this happens to you, go to a health facility immediately

Severe Bleeding
Severe Headache
Fever / Chills
Swollen hands, feet or face
Seizure
Lower Abdominal Pain

Insert agency logo and map here.
Danger Signs During Childbirth

If this happens to you, go to a health facility immediately.

- Hand or foot before head
- Prolonged labor
- More than one infant
- Severe bleeding
- Seizure
- Umbilical cord first

Insert agency logo and map here.
Interchangeable Images

In some settings, the mode of transport, or health center symbol may be different. Please replace the images from templates F, G, H, I, J, K as appropriate.