More time at home means getting the chance to talk to your partner about your goals for your shared future together.

NGAYONG PANAHON NG COVID-19, USAP TAYO SA FAMILY PLANNING (FP)!

Search *Usap Tayo sa Family Planning* and *RH Care Info* on Facebook to get more information.

- OfficialDOHgov
- doh.gov.ph
- healthypilipinas.ph
- CommissiononPopulationandDevelopment
- UsapTayoSaFP
- popcom.gov.ph
During these uncertain times, make sure you’re taking the right steps to prevent an unplanned pregnancy. Your nearest health center is open and can provide the FP counseling and services you need.

OUT OF PILLS OR CONDOMS?

Ask your Barangay Health Worker or Barangay Population Volunteer for extra supplies! Or buy your supply at the nearest pharmacy or convenience store (for condoms).
CAN’T GET YOUR REGULAR FP DURING THE QUARANTINE SEASON?

Don’t worry! You can buy a backup method like condoms in pharmacies, convenience stores, or even online pharmacies and stores.

OfficialDOHgov
doh.gov.ph
healthypilipinas.ph

CommissiononPopulationandDevelopment
UsapTayoSaFP
popcom.gov.ph
IN NEED OF SOME EXPERT FP ADVICE OR SUPPLIES?

Contact POPCOM Helpline at:
0998-8652810
0917-5970770
0918-9234912
0917-3756721
(02) 8782-9284
(02) 8531-6897

SCHEDULE
Mondays to Fridays
08:00am to 05:00pm
GOOD NEWS!

Your Family Planning (FP) use doesn’t have to stop this COVID-19 season. Here are a few options:

Call or go to your nearest Health Center.

Ask your Barangay Health Worker or Barangay Population Volunteer for an extra supply of pills and condoms.

Buy a backup FP method like condoms in a pharmacy, convenience store, or even online pharmacies and stores.

Go to www.rh-care.info for more information on FP.

Call POPCOM Helpline for advice: 0998-8652810, 0917-5970770, 0918-9234912, 0917-3756721, (02) 8782-9284, (02) 8531-6897