



All indigenous and non-indigenous women, migrants and residents have the right to decide when and how many children to have, or if we do not want to be mothers.

Go to the nearest medical unit and ask for condoms to prevent sexually transmitted infections and contraceptives to prevent an unplanned pregnancy - they're free!

Call **PLANIFICATEL (800 624 64 64)** from anywhere in the country, Monday to Friday from 8:00 to 18:00 hours; Saturdays and Sundays from 8:00 to 14:00 hours.



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