

To find family planning services in your area, contact your local health department:

Allegany County • 301-759-5084
Baltimore City • 410-396-0186
Baltimore County • 410-887-3725
Calvert County • 410-535-5400
Caroline County • 410-479-8000
Carroll County • 410-876-4930
Charles County • 301-609-6900
Dorchester County • 410-228-3223
Garrett County • 301-334-7700
Harford County • 410-638-8457

Howard County • 410-313-7500
Kent County • 410-778-1350
Prince George's County • 301-883-7859
Queen Anne's County • 410-758-0720
St. Mary's County • 301-475-4330
Somerset County • 443-523-1740
Talbot County • 410-819-5600
Washington County • 240-313-3200
Wicomico County • 410-543-6962
Worcester County • 410-957-2005

Or Contact: CCI Health and Wellness Services 240-790-3325

(www.cciweb.org)

Planned Parenthood of Maryland at 410-576-1400

(www.plannedparenthoodmd.org)

Planned Parenthood of Metropolitan Washington at 202-347-8500

(www.plannedparenthood.org/planned-parenthood-metropolitan-washington-dc)

Mary Center at 1-844-796-2797

(www.marycenter.org)

Maternal and Child Health Bureau at 410-767-6713

(www.phpa.dhmh.maryland.gov)

If you or your partner are pregnant, start prenatal care as soon as possible. If you need help in finding a provider for birth control or arranging for prenatal care, call: 1-800-456-8900



MARYLAND
Department of Health

Larry Hogan, Governor
Boyd K. Rutherford, Lt. Governor
Robert R. Neall, Secretary

The services and facilities of the Maryland Department of Health (MDH) are operated on a non-discriminatory basis. This policy prohibits discrimination on the basis of race, color, sex, or national origin and applies to the provisions of employment and granting of advantages, privileges and accommodations. The Department, in compliance with the Americans With Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from MDH services, programs, benefits, and employment opportunities.

Publication 007

Revised May, 2017

Family Planning



A Guide for You

YOU can decide if and when to have children Prepare for and plan *your* pregnancy

Questions to ask yourself before you become pregnant:

- Am I ready to become a parent?
- Will I be able to finish school?
- Will I have affordable health insurance to cover prenatal care, the delivery, and care for myself and my baby after delivery?
- Will I be able to get or keep a decent job with health care benefits for my child and myself?
- Will I be able to afford a safe and healthy home for my child and myself?
- Do I have people around me that I can turn to if my baby and I need help?

If you have answered "NO" to any of the above questions, then now is **NOT** the time to become pregnant.



Safe and easy ways to help you prevent an unplanned pregnancy:

Permanent Methods: Surgical sterilization for men or women

Implanted Devices: Implantable rod under skin, IUD

Hormonal Methods: Hormonal injections, oral contraceptives or "the Pill," the Patch, vaginal contraceptive ring

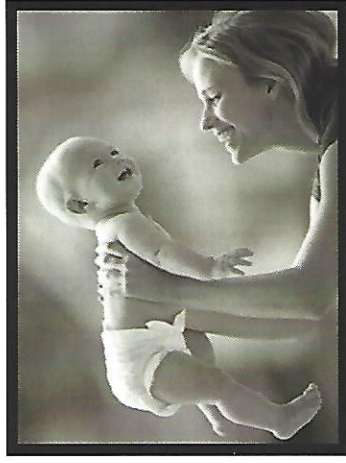
Barrier Methods: Male or female condom, diaphragm, sponge, cervical cap, spermicide

Emergency Contraception: "The Morning After Pill" should only be taken if first method of contraception fails

Ask your health care provider to help you decide which method is best for you.

Protect your baby now:

- Visit your health care provider *before* you become pregnant
- Learn the importance of living a healthy life style *now* so you and your baby stay healthy during and after your pregnancy
- Take a B vitamin (folic acid) every day *before* you become pregnant to help prevent birth defects



NOTE: No birth control method is 100% effective against pregnancy, STDs and HIV except abstinence. Each has possible side effects that you should understand before using that method. Ask your healthcare provider for more information.