

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.



- Protect your baby now:**
- Visit your health care provider *before* you become pregnant to 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



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.

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

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.

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

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| Allegany County • 301-759-5084 | Howard County • 410-313-7500 |
| Baltimore City • 410-396-0186 | Kent County • 410-778-1350 |
| Baltimore County • 410-887-3725 | Prince George's County • 301-883-7859 |
| Calvert County • 410-535-5400 | Queen Anne's County • 410-758-0720 |
| Caroline County • 410-479-8000 | St. Mary's County • 301-475-4330 |
| Carroll County • 410-876-4930 | Somerset County • 443-523-1740 |
| Charles County • 301-609-6900 | Talbot County • 410-819-5600 |
| Dorchester County • 410-228-3223 | Washington County • 240-313-3200 |
| Garrett County • 301-334-7700 | Wicomico County • 410-543-6962 |
| Harford County • 410-638-8457 | 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.maryscenter.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:

Maryland Department of Health and Mental Hygiene
201 W. Preston Street
Baltimore, MD 21201

Larry Hogan, Governor
Boyd Rutherford, Lt. Governor
Dennis R. Schrader, Secretary



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Family Planning



A Guide for You