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
Howard County • 410-313-7500
Kent County • 410-776-1350
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
Valencia County • 410-819-5600
Washington County • 240-313-3200
Worcester County • 301-957-2005
Wicomico County • 410-543-6962

Or Contact:
CCI Health and Wellness Services 240-790-3325
(www.cciweb.org)
Planned Parenthood of Maryland at 410-576-1400
(www.plannedparenthoodmd.org)
Maryland 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:
1-800-456-8900

Protect your baby now:

Family Planning

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.

A Guide for You

Prepares for and plan your pregnancy

You can decide if and when to have children

Questions to ask yourself before you become pregnant:

• Do I have people around me that I can turn to if I need help?
• Will I be able to afford a safe and healthy home for my child?
• Will I be able to get a decent job with health care coverage?
• Will I be able to afford to pay for my medical and any other expenses?
• Will I be able to stay in school?
• Will I be able to become a parent?
• Am I ready to become a parent?

To prevent an unplanned pregnancy:

Safe and easy ways to help you prevent:

• Permanent Methods:
  - Surgical sterilization for men or women
• Implantable 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 you missed your contraception.

To make the most of your contraception:

• know your health care provider’s name and phone number
• list all of your medications and possible interactions
• take your medications exactly as prescribed
• call your health care provider if you have any questions

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