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

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

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

- Allegany County • 301-759-5084
- Anne Arundel County • 410-222-7145
- 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
- Cecil County • 410-996-5135
- Charles County • 301-609-6900
- Dorchester County • 410-228-3223
- Frederick County • 301-662-7171
- Garrett County • 301-334-7700
- Harford County • 410-638-8457
- Howard County • 410-313-7500
- Kent County • 410-778-1350
- Montgomery County • 240-777-4248
- Prince George’s County • 301-883-7859
- Queen Anne’s County • 410-758-0720
- St. Mary’s County • 301-476-4330
- 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:
- Community Clinics, Incorporated at 240-790-3325
(http://cciweb.org/programs/family-planning)
- Planned Parenthood of Maryland at 410-576-1400
(www.plannedparenthoodmd.org)
- The Center for Maternal and Child Health at 410-767-6713
(www.fha.state.md.us/mch)

Questions to ask yourself before you become pregnant:

- Am I ready to become a parent?
- Will I be able to afford a safe and healthy home for my child?
- Will I be able to get or keep a decent job with health care benefits?
- Will I be able to get the delivery and my baby care delivered?
- Will I have transportation enough to come prenatal care?
- Will I be able to go to school?
- Am I ready to become a parent?

Preparation for and planning your pregnancy:

If you answered “NO” to any of the above questions, you 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
- Implantable Devices:
  - Implanted 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 pills.

You can decide if and when to have children.

Emergency contraception: The morning after pill should only be taken if you missed your contraception pills.

Maryland Department of Health and Mental Hygiene
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Boyd Rutherford, Lt. Governor
Van Mitchell, Secretary

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