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.



every day before you become defects

- healthy life style now so you and your baby stay healthy during and after your pregnancy

 Take a B vitamin (folic acid)
- before you become pregnantLearn the importance of living a
 - Visit your health care provider

Protect your baby now:

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

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

cervical cap, spermicide

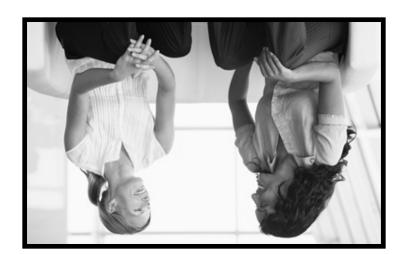
Barrier Methods: Male or female condom, diaphragm, sponge,

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

Implanted Devices: Implantable rod under skin, IUD

Permanent Methods: Surgical sterilization for men or women

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



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

ueeq pelb?

- Do I have people around me that I can turn to if my baby and I
 - efits for my child and myself?

 Will I be able to afford a safe and healthy home for my child
- 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 ben-
- Will I have affordable health insurance to cover prenatal care,
 - Will I be able to finish school?
 - Am I ready to become a parent?

duestions to ask yourself before you become pregnant:

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

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)

Plannd 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

The services and facilities of the Maryland Department of Health and Mental Hygiene (DHMH) 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 DHMH services, programs, benefits, and employment opportunities.

Publication 007 Revised May, 2017

Family Planning







A Guide for You