

To get help with family planning call...

Maryland Local Health Departments

Allegany County	301-759-5084
Anne Arundel County	410-222-7144
Baltimore City	410-396-0186
Baltimore County	410-887-3740
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	410-228-3294
Frederick County	301-600-1739
Garrett County	301-334-7777
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	301-475-4330
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

Planned Parenthood of Maryland at
410-576-1400 www.plannedparenthoodmd.org

OR

The Center for Maternal and Child Health
410-767-6713 www.fha.state.md.us/mch

If you think 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 and Mental Hygiene



STATE OF MARYLAND

DHMH

Martin O'Malley, Governor

Anthony G. Brown, Lt. Governor

John M. Colmers, 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.

Family Planning

SAY "NO"

Condoms

THE PILL

NuvaRing

THE PATCH

Depo Provera

E.C.

Implanon

Diaphragm + Spermicide

Fertility Awareness

I.U.D.

Sterilization

A Guide For You

You can decide if and when to have children. Prepare for and plan your pregnancy. Have a health check up before you become pregnant. Learn the importance of living a healthy life style, so when you are ready to become pregnant, you can have a healthy pregnancy and healthy baby. Taking a B vitamin (folic acid) every day before you become pregnant can 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. There are a number of very safe and easy ways to help you prevent an unplanned pregnancy.

Call your health care provider to get birth control facts and services. If you need information on where to get services, check out the back of this brochure. **Health Choice members:** Check with your MCO, or you may choose to go to a different provider for birth control—you do not need your MCO’s approval for this.

Ask your health care provider to help you decide which method is best for you. He or she will talk to you about how to use each method and tell you about the common side effects.

Abstinence or Saying No to Sexual Intercourse

– 100% effective, the best choice for teenagers.

Birth Control Pills - You must take one pill at the same time each day. You will need a prescription to get pills.

Condom (male and female) - A condom is placed over a man’s penis to keep semen from entering the woman’s vagina. A woman can also use a female condom. You can buy condoms without a prescription. Latex and polyurethane condoms help protect you from AIDS and sexually transmitted diseases *if used consistently and correctly*.

Depo-Provera – Depo Provera is a hormone injection that works for three months. You must get a shot from your healthcare provider every three months to prevent pregnancy.

IUD – The Intrauterine Device must be inserted into a woman’s uterus by a doctor or nurse clinician. Depending on the type, the IUD can work for 5 to 10 years.

Emergency Contraception (EC) - This method is used within 120 hours of unprotected sex. Talk to your health care provider to see if this is an option for you, or call 1-877-99-GO4EC (1-877-994-6432). You may get EC pills without a prescription if you are 18 or older or by prescription if you are under 18.

NuvaRing - The NuvaRing is a thin, flexible vaginal ring that releases hormones. You place it inside the vagina where it stays for three weeks out of the month. You can get the NuvaRing by prescription only.

The Patch (Ortho Evra) - Ortho Evra is a matchbook-sized skin patch that releases hormones. You apply a new patch each week for three weeks out of the month. You can get the patch by prescription only.

Implanon - Implanon is a flexible, matchstick-sized plastic rod inserted under the skin of a woman’s arm by a doctor or nurse clinician. Implanon works for up to 3 years.

Diaphragm - A diaphragm is a small, round rubber cup that covers the cervix. You must use spermicide with the diaphragm and use the diaphragm every time you have sex for it to work. You can get a diaphragm by prescription only.

Fertility Awareness Methods - These are methods that couples use to avoid or achieve pregnancy based on the timing of intercourse (sex). You must get special training to use these methods.

Spermicides - Spermicides (film, foam, jelly, cream) contain Nonoxonyl-9, a chemical that kills sperm. Spermicides are inserted into the woman’s vagina before sex. They work best when used with a condom or diaphragm.

Sterilization - This method is permanent. Use this method only if you do not want any more children. It is also called “getting your tubes tied” (women) or a vasectomy (men). You can still have sex after sterilization.

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.