

**Women's Health Branch  
PUBLICATIONS FORM - 3/6/18**  
Quantities vary and are often limited. Orders will be filled accordingly.

<b>Name</b>		<b>Agency Phone No.:</b>	
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**Mail or Fax only the page(s) containing the order to:** Women's Health Branch/NCDHHS; 1929 Mail Service Center Raleigh, NC 27699-1929; Courier #56-23-01; Fax number: (919) 870-4827

*Office Use Only – Shipped Date:* \_\_\_\_\_

Family Planning & Preconception Health Educational Materials	Available to (Agency Code)	Publication Type	Unit Size/Limit	English Quantity	Spanish Quantity	Office Use Only
<b>Abstinence</b>						
Am I Ready for Sex?	LHD-Local Health Department; TPPI-Teen Pregnancy Prev. Initiatives	Brochure	50/pack			FPRHU 0001
<a href="#">Encouraging Abstinence: Ten Tips for Parents</a>	LHD; TPPI	Brochure	50/pack			FPRHU
<a href="#">Facts about Abstinence/Datos sobre la Abstinencia</a> (English 1/14)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0002
<a href="#">Sex: 10 Best Reasons to Wait</a>	LHD; TPPI	Brochure	50/pack			FPRHU 0004
<a href="#">Talking Abstinence</a>	LHD; TPPI	Brochure	50/pack			FPRHU 0005
<b>Adolescent Puberty</b>						
<a href="#">Birth Control: Talking with your Parents</a>	LHD; TPPI	Brochure	50/pack			FPRHU 0006
<a href="#">Female Facts</a>	LHD; TPPI	Brochure	50/pack			FPRHU 0007
Menstruation	LHD; TPPI	Brochure	50/pack			FPRHU 0008
<a href="#">Private Matters: My Monthly Period</a> (English 4/10)	All	Wallet Card	100/pack			FPRHU
<a href="#">Puberty Facts</a>	LHD; TPPI	Brochure	50/pack			FPRHU 0009
<b>Be Smart. Be Ready. A Family Planning Program</b>						
<a href="#">Be Smart. Be Ready. A Family Planning Program Brochure</a> ; <a href="#">Spanish</a> (7/16)						<b>Download only</b>
<a href="#">Be Smart. Be Ready. A Family Planning Program Fact Sheet - Patients</a> (5/16)						<b>Download only</b>
<a href="#">Be Smart. Be Ready. A Family Planning Program Fact Sheet—Providers</a> (5/16)						<b>Download only</b>
<b>Birth Control Methods</b>						
<a href="#">Birth Control Facts; Los metodos de control de la natalidad</a>	LHD; TPPI	Brochure	50/pack			FPRHU 0010/S
<a href="#">Birth Control Method Options; Opciones De Métodos Anticonceptivos</a> (5/16)	LHD; TPPI	Fact Sheet		<b>English/Spanish Combined</b>		FPRHU
<a href="#">Family Planning Methods; Métodos de Planificación Familiar</a> (English 5/12; Spanish 5/12)	All	Brochure	50pk/Limit 200			FPRHU
<a href="#">Facts About Birth Control Implants; Datos sobre el Control de la Natalidad Implantes</a> (English 12/13; Spanish 3/14)				<b>Download only</b>		
<a href="#">Facts About Birth Control Pills; Información acerca de las píldoras anticonceptivas ("La Píldora")</a> (English 1/16; Spanish 7/16)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0012
<a href="#">Facts About Condoms ("Rubbers"); Datos Sobre Los Condomes ("preservativos")</a> (English 3/13; Spanish 11/16)	LHD; TPPI	Fact Sheet	100/pad	<b>Download</b>		FPRHU 0013
<a href="#">Facts About Contraceptive Shots; Datos sobre las Inyecciones Anticonceptivas</a> (English 3/13; Spanish 3/13)				<b>Download only</b>		
<a href="#">Facts About Diaphragms; Información acerca del Diafragma</a> (English 11/08; Spanish 2/17)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0015
<a href="#">Facts About Emergency Contraception; Datos acerca de las Píldoras Anticonceptivas de Emergencia</a> (English 9/14; Spanish 10/14)	LHD; TPPI	Fact Sheet	100/pad	<b>Download</b>		FPRHU 0011
<a href="#">Facts About Intrauterine Devices (IUDs); Datos acerca de los Contraceptivos Intrauterinos (DIU)</a> (English 3/17; Spanish 3/13)	LHD; TPPI	Fact Sheet	100/pad	<b>Download</b>		FPRHU 0016
<a href="#">Facts About NuvaRing/Datos acerca del Nuva Ringa</a> (English 1/16; Spanish 7/16)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0020
<a href="#">Facts About Spermicides; Información acerca de los Espermicidas</a> (English 3/12; Spanish 4/12)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0022

<a href="#">Facts About the Contraceptive Patch; Información acerca del Parche Anticonceptivo (“El Parche”)</a> (English 1/16; Spanish 7/16)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0021
<a href="#">Facts About the Fertility Awareness Method; Información acerca del Anticonceptivo del Ritmo de Fertilidad</a> (English 10/17; Spanish 11/17)	<b>Download only</b>					
<b>Gynecological Problems/STIs</b>						
<a href="#">Bacterial Vaginosis; La Vaginosis Bacteriana</a> (English 1/16; Spanish 7/16)	<b>Download only</b>					
<a href="#">Genital Warts &amp; the Human Papilloma Virus (HPV); La Verrugas Genitales y el Virus del Papiloma Humano (VPH)</a> (English 2/15; Spanish 5/15)	LHD; TPPI	Brochure	100/pack	<b>Download</b>		FPRHU 0027
<a href="#">HIV; Keeping it Real; VIH Una Realidad</a> (English 4/09; Spanish 4/09)	All	Brochure	50/pack			FPRHU
<a href="#">STD Facts</a>	LHD; TPPI	Brochure	50/pack			FPRHU 0028
<a href="#">Trichomoniasis (trich); Tricomoniasis</a> (English 2/15; Spanish 5/15)	LHD; TPPI	Brochure	100/pack	<b>Download</b>		FPRHU 0029
<a href="#">Vaginal Discharge; Flujo Vaginal</a> (English 2/15; Spanish 5/15)	LHD; TPPI	Brochure	100/pack	<b>Download</b>		FPRHU 0030
<a href="#">Yeast Infection; Candidiasis</a> (English 2/15; Spanish 5/15)	<b>Download only</b>					
<b>Infertility</b>						
<a href="#">Evaluating Infertility; Evaluación de la infertilidad</a> (English/Spanish 6/12)	<b>Download only</b>					
<b>Male Involvement</b>						
<a href="#">Body Maintenance Manual; Manual de Mantenimiento del Cuerpo</a> (English 5/09; Spanish 8/10)	All	Brochure	25/pack			PHFSU
<a href="#">If You Are A Man...Understanding Birth Control</a>	LHD; TPPI	Brochure	50/pack			FPRHU 0039
<a href="#">Male Facts</a>	LHD; TPPI	Brochure	50/pack			FPRHU 0035
<a href="#">Male Self-Exam/El examen genital masculino</a>	LHD; TPPI	Brochure	50/pack	<b>Download</b>		FPRHU 0036
<b>Nutrition/Weight Management</b>						
<a href="#">Healthy Habits for Life; Mujer, Madre y Amigo</a> (English 8/10; Spanish 4/12)	All	Booklet	25/pack			PHFSU 0105
<a href="#">Is Your Weight Healthy;/Es Su Peso Saludable?</a> (English 5/11; Spanish 5/12)	All	Poster				PHFSU 0101
<a href="#">Weight and Men</a>	LHD; TPPI	Brochure	50/pack			PHFSU 0101
<a href="#">Weight and Women</a>	LHD; TPPI	Brochure	50/pack			PHFSU 0100
<a href="#">What’s Your BMI? Facts about Body Mass Index</a>	LHD; TPPI	Brochure	50/pack			PHFSU 0102
<a href="#">Women &amp; Underweight</a> (2014)	ALL	Booklet	25/pack			C & Y
<b>Preconception Health/Reproductive Life Planning</b>						
<a href="#">Am I Ready to be a Dad?</a>	LHD; TPPI	Brochure	50/pack			PHFSU
<a href="#">Am I Ready to be a Mom?</a>	LHD; TPPI	Brochure	50/pack			PHFSU
<a href="#">Are You Ready? Sex &amp; Your Future;/¿Que harás en tu futuro?</a> (English 8/10; Spanish 8/10)	All	Brochure	50/pack			PHFSU 0106
<a href="#">Are You Ready to Be a Dad?</a>	<b>Download only</b>					
<a href="#">Are You Ready to Be a Mom?</a>	<b>Download only</b>					
<a href="#">Choices Health Matters for Women; Mujer Total</a> (English 5/11; Spanish 10/8)	All	Magazine		<b>Download only</b>		
<a href="#">Looking Back, Moving Forward</a> (2/07)	Providers	Booklet		<b>Download only</b>		
<a href="#">My Health Journal; Mi Diario de Salud</a> (English 2008; Spanish 4/10)	All	Brochure	25/pack		<b>Download</b>	PHFSU
<a href="#">Show Your Heart Some Love/Ame a Su Corazón</a> (English & Spanish 12/14)	All	Flyer	50/pack			PHFSU 4114/S
<a href="#">Show Your Love</a> (African Americans with folic acid message) (5/13)	All	4” x 9” Card	100/pack			PHFSU
<a href="#">Show Your Love</a> (African Americans with folic acid message) (5/13)	All	11”x16” Poster				PHFSU
<a href="#">Taking Care of Me</a> (6/08)	All	Magazine				PHFSU
<a href="#">Take Care of Yourself</a> (includes folic acid message) (8/12)	All	Brochure				PHFSU
<a href="#">N.C. Preconception Health Strategic Plan: Sept. 2008-2013</a>	<b>Download only</b>					
<a href="#">N.C. Preconception Health Strategic Plan Supplement 2014-2019</a>	All	Booklet				PHFSU
<a href="#">The State of Preconception Health in North Carolina</a>	<b>Download only</b>					

CME and CNE Modules, Care Plans and Other Resources	Download only Download only Download only Download only					
Maternal Health Educational Materials	Available to (Agency Code)	Publication Type	Unit Size/Limit	English Quantity	Spanish Quantity	Office Use Only
<b>Diabetes in Pregnancy</b>						
<a href="#">Gestational Diabetes: Before the Baby, After the Baby; La Diabetes Gestacional - Yo y mi Bebé</a> (English 10/10; Spanish 10/11)	All	Fact Sheet	Limit 100	Download		PHU 4070
<a href="#">Gestational Diabetes: Healthcare Provider Postpartum Testing</a> (10/10)	Download only					
<a href="#">My Plate for Gestational Diabetes</a> (4/12)	All	Instructions	50/pack			PHU
<a href="#">Before the Baby, After the Baby; La Diabetes Gestacional - Yo y mi Bebé</a>	All	Fact Sheet	25/pack	Download		PHU
<b>General Maternal Health</b>						
<a href="#">17P Risk Reduction for Repeat Preterm Birth; Reducción del Riesgo de Parto Prematuro Recurrente</a> (8/15)	All	Booklet	30 pk/Limit 90			PHU
<a href="#">Is 17P Right for Me?; Es adecuada la 17P para mí?</a> (4/17)	All	Flyer	25pd/Limit 4			PHU
<a href="#">A Test to Save Your Baby's Life; Spanish; Chinese; Hmong; Arabic</a> (7/16)	All	Brochure				CY 0010ACMS
<a href="#">Cord Blood Banking in NC/ Datos sobre el almacenamiento de sangre del cordón umbilical</a> (English 12/09; Spanish 5/10)	Download only					
<a href="#">E-Cigarettes &amp; Vaping: Information for Women &amp; Their Families</a> (6/17)	All	Booklet	50 pk/Limit 100			PHFSU
<a href="#">Healthy Mom, Healthy Baby/Mamá Saludable, Bebé Saludable</a> (Eng. & Spanish 4/17)	All	Booklet				PHU 4011
<a href="#">If You Smoke and Are Pregnant</a> (11/16)	All	Brochure	50 pk/Limit 100			PHU
<a href="#">Keeping the Circle Healthy</a> (English 5/7)	All	Brochure	100/pack			PHU
<a href="#">My Pregnancy Calendar; El Calendario de Mi Embarazo</a> (English & Spanish 5/12)	All		25/pack			PHU
<a href="#">North Carolina's Newborn Screening Program-Prenatal Fact Sheet</a> (2/17)	All	Fact Sheet	50/pad Limit 200			CY 0112
<a href="#">Our Healthy Baby's Family Album</a> (5/10)	All	Booklet	50/pack	Download		PHU
<a href="#">Plan of Safe Care</a> (2/18)	All	Brochure		Download		PHU
<a href="#">Prevent Preterm Labor; Prevenga El Parto Prematuro</a> (English & Spanish 4/10)	All	Wallet Card	100/pack	Out of Stock		PHU
<a href="#">Preventing Chickenpox in Pregnant Women; La Prevención de la Varicela en las Mujeres</a> (English 11/16)	Download only					
<a href="#">Sickle Cell Syndrome Program; Ayude a su hijo a estar sano</a> (Spanish 4/05)	All	Brochure				PHFSU
<a href="#">Zika Virus for Pregnant and Women of Childbearing Age; El Virus Del Zika Mujeres Embarazada y Mujeres en Edad Fetal</a>	Download only					
<b>Lead</b>						
<a href="#">Are You Pregnant? Protect Your Baby from Lead Poisoning; ¿Está Usted Embarazada? Protégela a su bebe del envenenamiento con plomo</a>	All	Brochure	Download only			
<a href="#">Summary of Public Health Actions Based on Maternal &amp; Infant Blood Lead Levels</a>	Download only					
<b>Parenting &amp; Baby</b>						
<a href="#">Baby's Safe Sleep Tips/Duerma Seguro a Su Bebé Consejos (with blanket)</a> (Eng. & Spanish)	All	Flyer	50/pack		Out of Stock	PHU
<a href="#">Baby's Safe Sleep Tips/Duerma Seguro a Su Bebé Consejos (without blanket)</a> (Eng. & Spanish 5/15)	All	Flyer	50/pack			PHU
<a href="#">Infant Safe Sleep Checklist; Lista de Control para un Sueño Seguro Cartel</a> (5/09)	All	Poster		Out of Stock		PHU
<a href="#">My Baby's Safe Sleep Checklist</a> (5/12)	All	Brochure	50/pack	Out of Stock English/Spanish Combined		PHU
<a href="#">Oh Baby! We Want to Keep You Safe From Secondhand Smoke</a> (3/17)	All	Brochure	25/pk Limit100			PHFSU

<a href="#">See How We Grow; Observa mi crecimiento</a> (English & Spanish 6/13)	All	Flip Chart	50 pk/Limit 200			PHU
<b>Postpartum</b>						
<a href="#">Taking Care of You: Your Postpartum Health &amp; Visit/Cuidados Para Usted: Salud y Consulta Posparto</a> (English 4/15; Spanish 7/15)	All	Booklet	Limit 100	<b>Download only</b>		PHU 4080
<a href="#">Provider Guide: Taking Care of You</a> (9/10)	<b>Provider Guide available by download only</b>					
<a href="#">You Quit, Two Quit</a> (PHFSU 2/16)	All	Booklet	50pk/Limit 100			PHFSU
<b>Pregnancy Care Management</b>						
<a href="#">Pregnancy Care Management</a> (English 12/12)	All	Brochure				PHU
<b>Text For Baby</b>						
Text4Baby: <a href="#">Dual Language Flyer</a> (English 5/10; Spanish 5/10)	All	Flyer	100/pack	<b>English/Spanish Combined</b>		PHU 4066
Text4Baby: Acrylic Referral Card Holder	All	<b>Card Holder - AVAILABLE</b>				PHU 4067
Text4Baby: <a href="#">Referral Cards; Envía Bebe al 511411</a> (English 5/10; Spanish 5/10)	All	3.5" x 2" Cards	100/pack			PHU 4068
Text4Baby: African American	All	Poster				PHU 4062
Text4Baby: Caucasian	All	Poster				PHU 4063
Text4Baby: Latino	All	Poster				PHU 4065
Text4Baby: Native American	All	Poster				PHU 4064
<b>Sickle Cell Educational Materials</b>						
About Sickle Cell Disease and Sickle Cell Trait (multicultural)	All	Brochure 21828				SC 0004m/E
About Sickle Cell Disease and Sickle Cell Trait	All	Brochure		38992 ENG.	39339/65564 Span	SC 0004
Hemoglobin & Thalassemia Disorders – What You Should Know	All	Brochure				SC
<a href="#">NC Sickle Cell Syndrome Program - 2005 edition</a>	All	Brochure				SC 0005
NC Sickle Cell Syndrome Program Hemoglobinopathy Screening Card	All	Card				SC
Sickle Cell Disease – Facts for You	All					SC
Sickle Cell Testing for Newborns	All	Brochure		PS65572 Eng.	PS65580 Span.	SC 0006
What Everyone Should Know About Kidneys & Kidney Diseases	All					SC
What Everyone Should Know About Stroke (Brain Attack)	All					SC
You & Your Teeth	All					SC