

**Women's Health Branch
PUBLICATIONS FORM - 4/3/18**
Quantities vary and are often limited. Orders will be filled accordingly.

Name		Agency Phone No.:	
Agency Name			
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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
Abstinence						
Am I Ready for Sex?	LHD-Local Health Department; TPPI-Teen Pregnancy Prev. Initiatives	Brochure	50/pack			FPRHU 0001
Encouraging Abstinence: Ten Tips for Parents	LHD; TPPI	Brochure	50/pack			FPRHU
Facts about Abstinence/Datos sobre la Abstinencia (English 1/14)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0002
Sex: 10 Best Reasons to Wait	LHD; TPPI	Brochure	50/pack			FPRHU 0004
Talking Abstinence	LHD; TPPI	Brochure	50/pack			FPRHU 0005
Adolescent Puberty						
Birth Control: Talking with your Parents	LHD; TPPI	Brochure	50/pack			FPRHU 0006
Female Facts	LHD; TPPI	Brochure	50/pack			FPRHU 0007
Menstruation	LHD; TPPI	Brochure	50/pack			FPRHU 0008
Private Matters: My Monthly Period (English 4/10)	All	Wallet Card	100/pack			FPRHU
Puberty Facts	LHD; TPPI	Brochure	50/pack			FPRHU 0009
Be Smart. Be Ready. A Family Planning Program						
Be Smart. Be Ready. A Family Planning Program Brochure ; Spanish (7/16)						Download only
Be Smart. Be Ready. A Family Planning Program Fact Sheet - Patients (5/16)						Download only
Be Smart. Be Ready. A Family Planning Program Fact Sheet—Providers (5/16)						Download only
Birth Control Methods						
Birth Control Facts; Los metodos de control de la natalidad	LHD; TPPI	Brochure	50/pack			FPRHU 0010/S
Birth Control Method Options; Opciones De Métodos Anticonceptivos (5/16)	LHD; TPPI	Fact Sheet		English/Spanish Combined		FPRHU
Family Planning Methods; Métodos de Planificación Familiar (English 5/12; Spanish 5/12)	All	Brochure	50pk/Limit 200			FPRHU
Facts About Birth Control Implants; Datos sobre el Control de la Natalidad Implantés (English 12/13; Spanish 3/14)						Download only
Facts About Birth Control Pills; Información acerca de las píldoras anticonceptivas ("La Píldora") (English 1/16; Spanish 7/16)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0012
Facts About Condoms ("Rubbers"); Datos Sobre Los Condomes ("preservativos") (English 3/13; Spanish 11/16)	LHD; TPPI	Fact Sheet	100/pad	Download		FPRHU 0013
Facts About Contraceptive Shots; Datos sobre las Inyecciones Anticonceptivas (English 3/13; Spanish 3/13)						Download only
Facts About Diaphragms; Información acerca del Diafragma (English 11/08; Spanish 2/17)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0015
Facts About Emergency Contraception; Datos acerca de las Píldoras Anticonceptivas de Emergencia (English 9/14; Spanish 10/14)	LHD; TPPI	Fact Sheet	100/pad	Download		FPRHU 0011
Facts About Intrauterine Devices (IUDs); Datos acerca de los Contraceptivos Intrauterinos (DIU) (English 3/17; Spanish 3/13)	LHD; TPPI	Fact Sheet	100/pad	Download		FPRHU 0016
Facts About NuvaRing/Datos acerca del Nuva Ringa (English 1/16; Spanish 7/16)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0020
Facts About Spermicides; Información acerca de los Espermicidas (English 3/12; Spanish 4/12)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0022

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

CME and CNE Modules, Care Plans and Other Resources							
<ul style="list-style-type: none"> ▪ The National Preconception Curriculum and Resources for Clinicians ▪ March of Dimes Continuing Nursing Education ▪ Preconception Health and Health Care: The Clinical Content of Preconception Care ▪ Link to more 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
Diabetes in Pregnancy							
Gestational Diabetes: Before the Baby, After the Baby; La Diabetes Gestacional - Yo y mi Bebé (English 10/10; Spanish 10/11)		All	Fact Sheet	Limit 100	Download		PHU 4070
Gestational Diabetes: Healthcare Provider Postpartum Testing (10/10)		Download only					
My Plate for Gestational Diabetes (4/12)		All	Instructions	50/pack			PHU
Before the Baby, After the Baby; La Diabetes Gestacional - Yo y mi Bebé		All	Fact Sheet	25/pack	Download		PHU
General Maternal Health							
17P Risk Reduction for Repeat Preterm Birth; Reducción del Riesgo de Parto Prematuro Recurrente (8/15)		All	Booklet	30 pk/Limit 90			PHU
Is 17P Right for Me?; Es adecuada la 17P para mí? (4/17)		All	Flyer	25pd/Limit 4			PHU
A Test to Save Your Baby's Life; Spanish; Chinese; Hmong; Arabic (7/16)		All	Brochure				CY 0010ACMS
Cord Blood Banking in NC/ Datos sobre el almacenamiento de sangre del cordón umbilical (English 12/09; Spanish 5/10)		Download only					
E-Cigarettes & Vaping: Information for Women & Their Families (6/17)		All	Booklet	50 pk/Limit 100			PHFSU
Healthy Mom, Healthy Baby/Mamá Saludable, Bebé Saludable (Eng. & Spanish 4/17)		All	Booklet				PHU 4011
If You Smoke and Are Pregnant (11/16)		All	Brochure	50 pk/Limit 100			PHU
Keeping the Circle Healthy (English 5/7)		All	Brochure	100/pack			PHU
My Pregnancy Calendar; El Calendario de Mi Embarazo (English & Spanish 5/12)		All		25/pack			PHU
North Carolina's Newborn Screening Program-Prenatal Fact Sheet (2/17)		All	Fact Sheet	50/pad/Limit 200			CY 0112
Our Healthy Baby's Family Album (5/10)		All	Booklet	50/pack	Download		PHU
Plan of Safe Care (2/18)		All	Brochure		Download		PHU
Prevent Preterm Labor; Prevenga El Parto Prematuro (English & Spanish 4/10)		All	Wallet Card	100/pack	Out of Stock		PHU
Preventing Chickenpox in Pregnant Women; La Prevención de la Varicela en las Mujeres (English 11/16)		Download only					
Sickle Cell Syndrome Program; Ayude a su hijo a estar sano (Spanish 4/05)		All	Brochure				PHFSU
Tobacco Screening & Cessation Counseling 5As/5Rs (English 2/18)		All	Pocket card	10/pk/Limit 2			PHU
Zika Virus for Pregnant and Women of Childbearing Age; El Virus Del Zika Mujeres Embarazada y Mujeres en Edad Fetal		Download only					
Lead							
Are You Pregnant? Protect Your Baby from Lead Poisoning; ¿Está Usted Embarazada? Protégela a su bebe del envenenamiento con plomo		All	Brochure		Download only		
Summary of Public Health Actions Based on Maternal & Infant Blood Lead Levels		Download only					
Parenting & Baby							
Baby's Safe Sleep Tips/Duerma Seguro a Su Bebé Consejos (with blanket) (Eng. & Spanish)		All	Flyer	50/pack		Out of Stock	PHU
Baby's Safe Sleep Tips/Duerma Seguro a Su Bebé Consejos (without blanket) (Eng. & Spanish 5/15)		All	Flyer	50/pack			PHU
Infant Safe Sleep Checklist; Lista de Control para un Sueño Seguro Cartel (5/09)		All	Poster		Out of Stock		PHU
My Baby's Safe Sleep Checklist (5/12)		All	Brochure	50/pack	Out of Stock English/Spanish Combined		PHU
Oh Baby! We Want to Keep You Safe From Secondhand Smoke (3/17)		All	Brochure	25/pk Limit100			PHFSU

See How We Grow; Observa mi crecimiento (English & Spanish 6/13)	All	Flip Chart	50 pk/Limit 200			PHU
Postpartum						
Taking Care of You: Your Postpartum Health & Visit/Cuidados Para Usted: Salud y Consulta Posparto (English 4/15; Spanish 7/15)	All	Booklet	Limit 100	Download only		PHU 4080
Provider Guide: Taking Care of You (9/10)	Provider Guide available by download only					
You Quit, Two Quit (PHFSU 2/16)	All	Booklet	50pk/Limit 100			PHFSU
Pregnancy Care Management						
Pregnancy Care Management (English 12/12)	All	Brochure				PHU
Text For Baby						
Text4Baby: Dual Language Flyer (English 5/10; Spanish 5/10)	All	Flyer	100/pack	English/Spanish Combined		PHU 4066
Text4Baby: Acrylic Referral Card Holder	All	Card Holder - AVAILABLE				PHU 4067
Text4Baby: Referral Cards; Envía Bebe al 511411 (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
Sickle Cell Educational Materials						
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
NC Sickle Cell Syndrome Program - 2005 edition	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