

**Women's Health Branch
PUBLICATIONS FORM - 10/23/18**
Quantities vary and are often limited. Orders will be filled accordingly.

Name		Agency Phone No.:	
Agency Name			
Agency Mailing Address City/Zip/State Courier No.			

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
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 (1/14)/Datos sobre la Abstinencia (8/14)	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 (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)						
Be Smart. Be Ready. A Family Planning Program Fact Sheet-Providers (5/16)						
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	Eng/Span Combined			FPRHU
Family Planning Methods; Métodos de Planificación Familiar (5/12)	All	Brochure	50pk/Limit 200			FPRHU
Facts About Birth Control Implants 12/13; Datos sobre el Control de la Natalidad Implantes (3/14)	Download only					
Facts About Birth Control Pills (1/16); Información acerca de las píldoras anticonceptivas ("La Píldora") (7/16)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0012
Facts About Condoms (Rubbers) (3/13); Datos Sobre Los Condones ("preservativos") (11/16)	LHD; TPPI	Fact Sheet	100/pad	Download		FPRHU 0013
Facts About Contraceptive Shots; Datos sobre las Inyecciones Anticonceptivas (3/13)	Download only					
Facts About Diaphragms (11/08); Información acerca del Diafragma (2/17)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0015
Facts About Emergency Contraception (9/14); Datos acerca de las Píldoras Anticonceptivas de Emergencia (10/14)	LHD; TPPI	Fact Sheet	100/pad	Download		FPRHU 0011
Facts About Intrauterine Devices (IUDs) (3/17); Datos acerca de los Contraceptivos Intrauterinos (DIU) (3/13)	LHD; TPPI	Fact Sheet	100/pad	Download		FPRHU 0016
Facts About NuvaRing (1/16)/Datos acerca del Nuva Ringa (7/16)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0020
Facts About Spermicides (3/12); Información acerca de los Espermicidas (4/12)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0022
Facts About the Contraceptive Patch (1/16); Información acerca del Parche Anticonceptivo ("El Parche") (7/16)	LHD; TPPI	Fact Sheet	100/pad			FPRHU 0021
Facts About the Fertility Awareness Method (10/17); Información acerca del Anticonceptivo del Ritmo de Fertilidad (11/17)	Download only					
Gynecological Problems/STIs						
Bacterial Vaginosis (1/16); La Vaginosis Bacteriana (7/16)	Download only					
Genital Warts & the Human Papilloma Virus (HPV) (2/15); La Verrugas Genitales y el Virus del Papiloma Humano (VPH) (5/15)	LHD; TPPI	Brochure	100/pack	Download		FPRHU 0027

HIV: Keeping it Real; VIH Una Realidad (4/09)	All	Brochure	50/pack			FPRHU
STD Facts	LHD; TPPI	Brochure	50/pack			FPRHU 0028
Trichomoniasis (trich) (2/15); Tricomoniasis (5/15)	LHD; TPPI	Brochure	100/pack	Download		FPRHU 0029
Vaginal Discharge (2/15); Flujo Vaginal (5/15)	LHD; TPPI	Brochure	100/pack	Download		FPRHU 0030
Yeast Infection (2/15); Candidiasis (5/15)				Download only		
Infertility						
Evaluating Infertility; Evaluación de la infertilidad (6/12)				Download only		
Male Involvement						
Body Maintenance Manual (5/09); Manual de Mantenimiento del Cuerpo (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 (8/10); Mujer, Madre y Amigo (4/12)	All	Booklet	25/pack			PHFSU 0105
Is Your Weight Healthy (5/11)/ ¿Es Su Peso Saludable? (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? (8/10)	All	Brochure	50/pack			PHFSU 0106
Are You Ready to Be a Dad? (9/09)				Download only		
Are You Ready to Be a Mom? (9/09)				Download only		
Choices Health Matters for Women (5/11); Mujer Total (10/8)	All	Magazine		Download only		
Looking Back, Moving Forward (2/07)	Providers	Booklet		Download only		
My Health Journal (2008); Mi Diario de Salud (4/10)	All	Brochure	25/pack		Download	PHFSU
Show Your Heart Some Love/Ame a Su Corazón (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		
<i>CME and CNE Modules, Care Plans and Other Resources</i> <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		
Maternal Health Educational Materials	Available to (Agency Code)	Publication Type	Unit Size/Limit	English Quantity	Spanish Quantity	Office Use Only
Breastfeeding – NEW 7/10/18						
NC Making It Work Tool Kit – Supports breastfeeding moms & employers (7/18)	ALL	Website		Download only from website		
Diabetes in Pregnancy						
Gestational Diabetes: Before the Baby, After the Baby (10/10); La Diabetes Gestacional - Yo y mi Bebé (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 (10/10); La Diabetes Gestacional - Yo y mi Bebé (10/11)	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 mf? (4/17)	All	Flyer	25pd/Limit 4			PHU
A Test to Save Your Baby's Life; Spanish; Chinese; Hmong; Arabic (7/16)	All	Brochure				CY0010ACMS
Carolinan Cord Blood Bank English; Spanish (6/15) 10/23/18	All	Brochure	Order at https://sites.duke.edu/ccbb/ or Download			PHU
Gestational Weight Gain (NEW 3/18)	All	5.5" x 8.5" Card	50/pack	English/Spanish Combined		PHFSU
Healthy Mom, Healthy Baby/Mamá Saludable, Bebé Saludable (4/17)	All	Booklet				PHU 4011
Keeping the Circle Healthy (5/7)	All	Brochure	100/pack			PHU
My Pregnancy Calendar; El Calendario de Mi Embarazo (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); Plan de Cuidado Seguro (5/18)	All	Brochure		Download	Download	PHU
Prevent Preterm Labor; Prevenga El Parto Prematuro (4/10)	All	Wallet Card	100/pack	Out of Stock		PHU
Preventing Chickenpox in Pregnant Women (11/16); La Prevención de la Varicela en las Mujeres	Download only					
Sickle Cell Syndrome Program; Ayude a su hijo a estar sano (Spanish 4/05)	All	Brochure				PHFSU
Zika Virus for Pregnant and Women of Childbearing Age (6/16); El Virus Del Zika Mujeres Embarazada y Mujeres en Edad Fértil (8/16)	Download only					
Lead						
Are You Pregnant? Protect Your Baby from Lead Poisoning; ¿Está Embarazada? Proteja a su bebé del envenenamiento por plomo (3/17)	All	Brochure		Download only		
Summary of Public Health Actions Based on Maternal & Infant Blood Lead Levels	Download only					
Parenting & Baby – Updated 7/31/18						
Does Your Baby Sleep Safe? Questions & Answers regarding Safe Sleep; ¿Duerme seguro tu bebé? (5/18)	All	Flyer	25 sheets/pad			PHU
Does Your Baby Sleep Safe? General Poster (4/18); ¿Duerme seguro tu bebé? (5/18)	All	11 x 17 Poster	Limit 25			PHU
Does Your Baby Sleep Safe? Grandparent/Caregiver Poster (4/18); ¿Duerme seguro tu bebé? (5/18)	All	11 x 17 Poster	Limit 25			PHU
Postpartum – NEW 7/10/18						
Birth Control after Baby: Family Planning Guide for New Moms; Métodos anticonceptivos después del bebé (5/18) – 7/10/18	All	Booklet	Limit 100 (Eng); Limit 50 (Span)			PHU
Taking Care of You: Your Postpartum Health & Visit (4/15)/ Cuidados Para Usted: Salud y Consulta Posparto (7/15) Provider Guide: Taking Care of You (9/10)	All	Booklet	Limit 100	Download only		PHU 4080
Pregnancy Care Management						
Pregnancy Care Management (12/12)	All	Brochure				PHU
Text For Baby						
Text4Baby: Dual Language Flyer (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 (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
Tobacco Cessation – NEW & UPDATED 7/10/18						
Benefits of Being Tobacco Free/Facts About E-Cigarettes; Beneficios de dejar de fumar/los cigarrillos electrónicos (3/18)– NEW	All	Flyer	25 pk/Limit 100			PHFSU
E-Cigarettes & Vaping: Information for Women & Their Families; Cigarrillos electrónicos y vapear (5/18)	All	Booklet	50 pk/Limit 100			PHFSU
Guide for Helping to Eliminate Tobacco Use and Exposure for Women (PDF, 2 MB)	All	Guide	Download only			PHFSU
If You Smoke and Are Pregnant; Si usted fuma y está embarazada (5/18)	All	Brochure	50 pk/Limit 100			PHU

Oh Baby! We Want to Keep You Safe From Secondhand Smoke; ¡Oh bebé! Queremos mantenerte a salvo del humo de segunda mano (5/18)	All	Brochure	25/pk Limit100			PHFSU
Tobacco Screening & Cessation Counseling 5As/5Rs (2/18)	All	Pocket card	10 pk/Limit 2			PHU
We Know You Want to Protect Your Family; Sabemos que Usted Quere Proteger a Su Familia (3/18) - NEW	All	Flyer	25 pk/Limit100			PHFSU
You Quit, Two Quit: A Guide to Help New Mothers Stay Smoke Free; Usted lo deja, dos lo dejan (de fumar) (5/18)	All	Booklet	50pk/Limit 100			PHFSU
Zika Virus						
Visit the N.C. Communicable Disease Branch Zika page for the most current information	ALL	Website	http://epi.publichealth.nc.gov/zika/ Download only from website			
Zika Resources for Family Planning Staff	ALL	Toolkit	Download only from website			
Fact Sheets and Posters - Centers for Disease Control & Prevention (CDC) bulk orders are not available.	All	Website	Download only from website			
Sickle Cell Educational Materials	Available to (Agency Code)	Publication Type	Unit Size/Limit	English Quantity	Spanish Quantity	Office Use Only
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