

**Women's Health Branch
PUBLICATIONS FORM - 7/16/20**

Quantities may vary and may be limited. Orders will be filled accordingly. *Allow 4 weeks for delivery.*

Requestor's Name		Requestor's Email Address	
Agency Name		Agency Phone Number	
Agency Mailing Address City & Zip Code			
Today's Date		Office Use Only – Shipped Date	

Fax or mail the page(s) containing the order to: Fax number: (919) 870-4827; Women's Health Branch/NCDHHS; 1929 Mail Service Center Raleigh, NC 27699-1929; Courier #56-23-01

*** Moved all download publications to <https://whb.ncpublichealth.com/provpart/pubmanbro.htm> as of 11/22/19.**

Family Planning & Preconception Health Educational Materials	Publication Type	Unit Size/Limit	English Quantity	Spanish Quantity
Abstinence				
Am I Ready for Sex?	Brochure	50/pack		
Encouraging Abstinence: Ten Tips for Parents	Brochure	50/pack		
Facts about Abstinence (1/14); Datos sobre la Abstinencia (8/14)	Fact Sheet	100/pad		
Sex: 10 Best Reasons to Wait	Brochure	50/pack		
Talking Abstinence	Brochure	50/pack		
Adolescents				
Birth Control: Talking with your Parents	Brochure	50/pack		
Female Facts	Brochure	50/pack		
Private Matters: My Monthly Period (4/10)	Wallet Card	100/pack		
Puberty Facts	Brochure	50/pack		
Birth Control/Family Planning				
Birth Control after Baby: Family Planning Guide for New Moms; Métodos anticonceptivos después del bebé NEW	Booklet	100 (Eng);50 (Span)		
Birth Control Facts; Los metodos de control de la natalidad	Brochure	50/pack		
Birth Control Method Options; Opciones De Métodos Anticonceptivos (5/16)	Fact Sheet	Eng./Span. Combined		
Family Planning Methods; Métodos de Planificación Familiar (5/12)	Brochure	50pk/Limit 200		
Facts About Birth Control Pills (1/16); Información acerca de las píldoras anticonceptivas ("La Píldora") (7/16)			*	*
Facts About Condoms (Rubbers) - Datos Sobre Los Condones ("preservativos") (11/16)	Fact Sheet	100/pad	*	
Facts About Diaphragms (11/08); Información acerca del Diafragma (2/17)			*	*
Facts About Emergency Contraception - Datos acerca de las Píldoras Anticonceptivas de Emergencia (10/14)			*	*
Facts About Intrauterine Devices (IUDs) - Datos acerca de los Contraceptivos Intrauterinos (DIU) (3/13)	Fact Sheet	100/pad	*	
Facts About NuvaRing (1/16); Datos acerca del Nuva Ringa (7/16)			*	*
Facts About Spermicides (3/12); Información acerca de los Espermicidas (4/12)			*	*
Facts About the Contraceptive Patch (1/16); Información acerca del Parche Anticonceptivo ("El Parche") (7/16)			*	*
Facts About the Fertility Awareness Method; Spanish			*	*
Gynecological Issues/Sexually Transmitted Diseases/Infections (STDs/STIs)				
HIV: Keeping it Real; VIH Una Realidad (4/09)	Brochure	50/pack		
STD Facts; ETS Las enfermedades transmitidas sexualmente	Brochure	50/pack		
Trichomonas (Trich) - Spanish	Brochure	100/pack	*	
Vaginal Discharge - Flujo Vaginal (5/15)	Brochure	100/pack	*	

Male Involvement				
Body Maintenance Manual (5/09); Manual de Mantenimiento del Cuerpo (8/10)	Brochure	25/pack		
Male Facts	Brochure	50/pack		
Nutrition/Weight Management				
Healthy Habits for Life (8/10); Mujer, Madre y Amigo (4/12)	Booklet	25/pack		
Is Your Weight Healthy (5/11)/¿Es Su Peso Saludable? (5/12)	Poster			
Weight and Men	Brochure	50/pack		
Weight and Women	Brochure	50/pack		
Women & Underweight (2014)	Booklet	25/pack		
Preconception Health/Reproductive Life Planning				
Am I Ready to be a Dad?	Brochure	50/pack		
Am I Ready to be a Mom?	Brochure	50/pack		
Are You Ready? Sex & Your Future/¿Que harás en tu futuro? (8/10)	Brochure	50/pack		
Family Planning: Deciding If or When to Have Children (PDF, 2 MB); Spanish (PDF, 2 MB) NEW	Brochure		*	*
How Long Should I Wait Before Getting Pregnant Again? NEW	Booklet	25/pack		
My Health Journal (2008); Spanish	Brochure	25/pack		*
Show Your Heart Some Love (12/14); Ame a Su Corazón	Flyer	50/pack		
Show Your Love (African Americans with folic acid message) (5/13)	4" x 9" Card	100/pack		
Show Your Love (African Americans with folic acid message) (5/13)	11"x16" Poster			
Taking Care of Me (6/08)	Magazine			
Take Care of Yourself (includes folic acid message) (8/12)	Brochure			
Tobacco Cessation (to access materials, scroll down to Tobacco Cessation under Maternal Health Educational Materials)				
Maternal Health Educational Materials	Publication Type	Unit Size/Limit	English Quantity	Spanish Quantity
Maternal Health/Pregnancy				
17P Risk Reduction for Repeat Preterm Birth; Reducción del Riesgo de Parto Prematuro Recurrente (8/15)	Booklet	30 pk/Limit 90		
Is 17P Right for Me?; Es adecuada la 17P para mí? (4/17)	Flyer	25pd/Limit 4		
A Test to Save Your Baby's Life; Spanish; Chinese; Hmong; Arabic (7/16)	Brochure			
Gestational Diabetes: Before the Baby, After the Baby - La Diabetes Gestacional - Yo y mi Bebé (10/11)	Fact Sheet	Limit 100	*	
Gestational Weight Gain (3/18)	5.5" x 8.5" Card	50/pack	English/Spanish Combined	
Healthy Mom, Healthy Baby/Mamá Saludable, Bebé Saludable (4/17)	Booklet			
My Plate for Gestational Diabetes (4/12)	Instructions	50/pack		
North Carolina's Newborn Screening Program-Prenatal Fact Sheet (2/17)	Fact Sheet	50/pad/Limit 200		
Pregnancy Care Management; Coordinacion de Cuidado del Embarazo (1/15)	Brochure	50 pk		
Infant/Newborn				
Does Your Baby Sleep Safe? Questions & Answers regarding Safe Sleep; ¿Duerme seguro tu bebé? (5/18)	Flyer	25 sheets/pad		
Does Your Baby Sleep Safe? General Poster (4/18); ¿Duerme seguro tu bebé? (5/18)	11 x 17 Poster	Limit 25		
Does Your Baby Sleep Safe? Grandparent/Caregiver Poster (4/18); ¿Duerme seguro tu bebé? (5/18)	11 x 17 Poster	Limit 25		
Postpartum				
Birth Control after Baby: Family Planning Guide for New Moms; Métodos anticonceptivos después del bebé NEW	Booklet	100 (Eng);50 (Span)		
Text For Baby				
Text4Baby: Dual Language Flyer (5/10)	Flyer	100/pack	English/Spanish Combined	
Text4Baby: Acrylic Referral Card Holder				
Text4Baby: Referral Cards; Envía Bebe al 511411 (5/10)	3.5" x 2" Cards	100/pack		
Text4Baby: African American	Poster			
Text4Baby: Caucasian	Poster			
Text4Baby: Latino	Poster			
Text4Baby: Native American	Poster			

Tobacco Cessation					
Benefits of Being Tobacco Free/Facts About E-Cigarettes; Beneficios de dejar de fumar/los cigarrillos electrónicos (3/18)	Flyer	25 pk/Limit100			
Tobacco Cessation (continued)					
E-Cigarettes & Vaping: Information for Women & Their Families; Cigarrillos electrónicos y vapear (5/18)	Booklet	50 pk/Limit 100			
If You Smoke and Are Pregnant; Si usted fuma y está embarazada (5/18)	Brochure	50 pk/Limit 100			
Oh Baby! We Want to Keep You Safe From Secondhand Smoke; ¡Oh bebé! Queremos mantenerte a salvo del humo de segunda mano (5/18)	Brochure	25/pk Limit100			
Tobacco Screening & Cessation Counseling 5As/5Rs (2/18)	Pocket card	10 pk/Limit 20			
We Know You Want to Protect Your Family; Sabemos que Usted Quere Proteger a Su Familia (3/18)	Flyer	25 pk/Limit100			
You Quit, Two Quit: A Guide to Help New Mothers Stay Smoke Free; Usted lo deja, dos lo dejan (de fumar) (5/18)	Booklet	50pk/Limit 100			
You Quit Two Quit Practice Bulletin	Bulletin	25 pk/Limit 50			
Sickle Cell Educational Materials		Publication Type	Unit Size/Limit	English Quantity	Spanish Quantity
NC Sickle Cell Syndrome Program Hemoglobinopathy Screening Card		Card			
Sickle Cell Syndrome Program; Ayude a su hijo a estar sano (Spanish 4/05)		Brochure			
Sickle Cell Testing for Newborns		Brochure			
What Everyone Should Know About Kidneys & Kidney Diseases					
What Everyone Should Know About Stroke (Brain Attack)					
You & Your Teeth					

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