

If Your Test is **NEGATIVE**

You Need to Know...

If you are having sex and do not want to have a baby right away, using birth control is the only way to not get pregnant.

What Works...

Not having sex (**abstinence**) is the only birth control choice that works 100 percent of the time. Also, not having sex is the only way to keep from getting AIDS or other diseases you can get when you have sex. Some of the birth control choices you can pick from are:

- CONDOMS
- PATCH
- PILLS
- JELLY, CREAM OR FOAM
- IUDS
- STERILIZATION OR TUBES TIED (PERMANENT)
- IMPLANT
- NATURAL (SOMETIMES CALLED "RHYTHM")
- DIAPHRAGM
- SHOTS
- VAGINAL RING

What Does Not Work...

- Sex in a certain position or on a certain day of the month
- Having the man pull out before he comes
- Having sex right after having a baby or while breastfeeding
- Douching after sex
- Sex only every once in a while
- Having sex with a "special" lover



You can get pregnant any time a man's penis is near your sex organs.

If You Have Questions or Need Help...



CALL 1-800-545-1098

to talk to a nurse in private.
THE CALL IS FREE.

If Your Test is
POSITIVE

You Need to Know...

If you are pregnant, it is very important that you get a checkup right away. No one can be sure that they will have a healthy baby. But there are some things you can do to help your baby to be born healthy:

- 1. Don't use alcohol, drugs or smoke.**
- 2. Go for all of your checkups.**
- 3. Eat foods that are good for you and your baby.** Eat good, healthy foods that put weight on the baby, not you! Find out if you qualify for WIC. WIC is a special program which can help you get the foods you need.
- 4. Gain enough weight.** It is not good for your baby to be born small. Ask your doctor or nurse how much you should gain.

If you are scared or worried about what will happen when your partner, parents or friends find out you are pregnant, talk to a nurse or social worker at the health department or at your school.

*If You Have Questions about
Anything that has to do with
Your Pregnancy...*

CALL 1-800-654-1385

to talk to a nurse in private.
THE CALL IS FREE.