

# Family Planning Helps the Entire Family

## *Why is family planning important?*

Planning a pregnancy is a decision for partners to make together. It is important for women to space and limit their pregnancies because they can impact a woman's health and well-being, and the outcome of each pregnancy.

## *How can family planning help you?*

Planning for a pregnancy helps families:

- Get healthy before pregnancy
- Start prenatal care early
- Making sure babies are born healthy
- Prepare to be parents



## *What services are available at a Family Planning clinic?*

All local health departments offer confidential services, education, and information—with fees based on a sliding scale—including:

- Birth control options
- Safe sex
- Infertility
- Physical exam if needed
- Pregnancy tests
- Nutrition
- STIs
- Sexual health testing

## *What methods of contraception are offered?*

- Abstinence
- Diaphragm
- Intrauterine Device (IUD)
- Birth control pills
- Nuvaring
- Depo Provera (shot)
- Foam and condoms
- Natural family planning
- Nexplanon
- Emergency contraception

**For more information:** Contact your local health department at (434) 972-6200 or [www.TJHD.org](http://www.TJHD.org)



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Health  Whys

A public health message from  
[www.tjhd.org](http://www.tjhd.org)

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