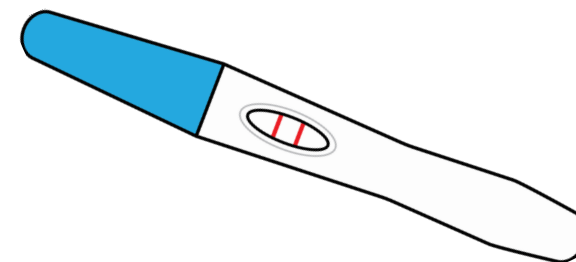


I'm pregnant. What are my options?

Deciding what to do when you find out you are pregnant can be hard. But you have options. This handout can help you with whatever you decide is best for you and your future.



If you choose to continue the pregnancy:

Important things to know about prenatal care:

- **Set up a visit to start prenatal care.** Get started when you are 6 weeks pregnant. Prenatal care keeps you and the pregnancy healthy.
- **Start taking prenatal vitamins every day.** These have extra iron and folic acid. Iron and folic acid keep you healthy and help to prevent birth defects. CHN can give you prenatal vitamins when you start your prenatal care.
- **Stop using alcohol, drugs, and cigarettes.** If this is hard for you, talk to your provider for help cutting down.
- **Nutrition** is very important during pregnancy.
 - **Eat more** fruits, veggies, whole grains, and low-fat dairy, like milk and cheese.
 - **Cut down on** fatty, fried, and junk foods, like chips, cakes, cookies, and candy.
 - **Avoid caffeine**, like soda, tea, coffee, and energy drinks.

Important things to know about adoption:

- **You can choose adoption at any time** in your pregnancy or after you give birth.
- **Adoption is free for you.** The adopting family pays for all the costs.
- **There are different types of adoption:**
 - **Open adoption:** You choose the adopting family. You can be involved and stay in touch as much as you want.
 - **Closed adoption:** You won't have contact with the adopting family.
- **There are people you can talk to if you are thinking about adoption.** Adoption counselors can help answer your questions and talk to you more about the process.

Adoption Star: 1-866-691-3300 www.adoptionstar.com
Spence-Chapin: 1-800-321-5683 www.spence-chapin.org

Ask to speak with your center health educator to talk through all your options!



If you choose to end the pregnancy:

Important things to know about **abortion**:

- **Abortion is a safe procedure that ends a pregnancy. Abortion is legal in New York State.** Anyone of any age can have an abortion privately. In New York, teens do not need a parent's permission.
- **There are 2 types of abortions:**
 - **Medication abortion (pills):** You can have a medication abortion up to 11 weeks in New York State.
 - **In-clinic abortion (also called a surgical or procedural abortion):** You can have an in-clinic abortion up to 24 weeks of pregnancy in the New York State.
- **Having an abortion will not change your ability to get pregnant in the future.**
- **If you do not have insurance or are worried about cost, ask the clinic about payment options.** Some clinics can help you apply for emergency Medicaid to cover abortion care or have other financial support options.
- **If you would like to look into coverage options on your own,** you can visit the New York Abortion Access Fund website at: www.nyaaf.org
- **You will need a follow up appointment after the abortion.** Call 866-246-8259 to plan your visit at CHN.

Not sure what to do?

Talk to a counselor to work through your thoughts and talk about your options.



Talkline: **1-888-493-0092** www.all-options.org
(Mon-Fri: 10am-1am, Sat-Sun: 10am-6pm)

For help finding an abortion provider or paying for care, you can contact:

NYC Abortion Access Hub at 1-877-692-2482.

Available Mon-Fri 8am- 8pm