



Health Services  
LOS ANGELES COUNTY

# Am I pregnant?



## First, take a pregnancy test.

**A negative test** means you are likely not pregnant. It may also mean that it is too early to tell if you are pregnant.

### Talk to your healthcare provider:

- if you would like to start birth control or
- if you are planning for a pregnancy

**A positive test** means you are pregnant.

### Learn about your options so you can make the best choice for you. There are 3 options to think about:

- **Parenting:** raising the child
- **Adoption/Foster Care:** giving the child to another person or family
- **Abortion:** ending a pregnancy

### If you are pregnant:

**Talk it over.** Only you can decide which option is best for you. Talk about your options with someone you trust, like your partner, a family member, a friend, and/or your healthcare provider.

**Think it over.** Think about how each option might be a fit for your life. Consider your feelings, values and what you want for your life and family.

Go to the next page to learn more about your options and LA Health Services resources.

# Pregnancy Options

## If you decide to stay pregnant



Scan to schedule your prenatal visit

LA Health Services offers prenatal care and extra support during your pregnancy and up to one year postpartum through the MAMA's Neighborhood program.

At your prenatal visit, you can talk with your provider about:

- Your medications and vaccines
- Any health problems you have
- Testing for sexual transmitted infections (STI's) and HIV
- Genetic testing

For more information, call **1-844-37-MAMAS (1-844-376-2627)** or visit [bit.ly/4MAMAs](https://bit.ly/4MAMAs).

Schedule your first prenatal appointment on the health portal using your cell phone or computer! <https://dhs.lacounty.gov/lahealthportal/>.

Start a prenatal vitamin with folic acid as soon as possible to support a healthy pregnancy and baby.

## If you decide adoption services

If you do not feel ready to raise a child and do not want to have an abortion, you may want to think about adoption.

- Adoption means another person or couple will raise the child.
- A public or private agency can help arrange the adoption.
- Putting a child up for adoption is free for pregnant people.

For more information about adoption, visit [cdss.ca.gov/inforesources/adoptions](https://cdss.ca.gov/inforesources/adoptions).

## If you decide to end the pregnancy

Abortion is safe and problems do not happen very often. It is best to get an abortion as soon as you decide it is the right option for you.

LA Health Services offers two ways to end a pregnancy:

- Medication abortion (also called “abortion pill”)
- Procedural abortion (a procedure)

To schedule an appointment to discuss your options with a healthcare provider, call **1-877-CARE-121 (1-877-227-3121)** or visit <https://bit.ly/care121>.

