

Remember!!!

Whether you are pregnant or have recently had a baby, this is the most exciting time in your life. At the Saginaw County Department of Public Health, we want both you and your baby to stay healthy. We have information and services that will make things easier for you.

- ◆ Free walk-in pregnancy testing.
- ◆ Insurance application assistance.
- ◆ Help find a healthcare provider.
- ◆ Home visiting by a nurse
- ◆ Advocates and mentors to talk to and help you during and after your pregnancy.
- ◆ Transportation assistance to pre and postnatal appointments.
- ◆ Referrals for other needed services (obtaining cribs, clothing, etc.)

If you are interested, want to become involved, or just have a question, please call:

1-866-449-2229
or
989.758-3850



Saginaw County Department of Public Health
1600 N. Michigan Ave.
Saginaw, MI 48602

Phone: 989-758-3850
Fax: 989-758-3899

**HEALTHY START
"GREAT BEGINNINGS"
PROGRAM**



**Tel: 1-866-449-2229
Or
989-758-3850**

**SAGINAW COUNTY
DEPARTMENT OF
PUBLIC HEALTH**



What is Healthy Start?

Healthy Start is a community based program aimed at decreasing the African American infant mortality rate in Saginaw County.

The program is open to any pregnant women, or women with an infant under two years of age, living in Saginaw County.

The program offers:

- ◆ Transportation assistance to medical appointments.
- ◆ Advocates to talk to and help you during your pregnancy.
- ◆ Community resource information.
 - Free walk-in pregnancy testing.
 - Insurance application assistance.
 - Help finding a doctor.
- ◆ Visits with a nurse to provide information specific to your needs
- ◆ Referrals for other needed services
- ◆ A voice for you through our consumer advisory group.

Your Health During Pregnancy...

- ◆ Eat healthy foods; fresh fruit and vegetables, meats, breads, cereals.
- ◆ Drink at least 6-8 glasses of water, milk or juice everyday.
- ◆ Get prenatal care right away, even if you feel good. Keep all your prenatal appointments during your pregnancy.
- ◆ Take prenatal vitamins as prescribed.
- ◆ Don't drink alcohol.
- ◆ Don't smoke.
- ◆ Avoid drugs of any kind, even those you can buy, without checking with your doctor first.

When to Call your Doctor...

- ◆ Blood or fluid leakage.
- ◆ Cramping that feels like your period is starting.
- ◆ Low, dull backache.
- ◆ Diarrhea.
- ◆ Four or more contractions in an hour.
- ◆ Just feel like something is wrong.



Your Baby's Health Means Safe Sleep Habits...

- ◆ Baby sleeps alone in a crib.
- ◆ Baby sleeps on his/her back.
- ◆ Nothing in the sleep area. No bumper pads.
- ◆ Keep baby's face uncovered during sleep for easy breathing. Use a sleeper or sleep sack instead of a blanket.
- ◆ Don't allow anyone to smoke anything around your baby.
- ◆ Dress your baby in as much or as little clothes as you are wearing.
- ◆ Use a firm mattress with tight fitting sheets in a safe crib.