

## CONSUMER PROTECTION

In order to protect the public from food borne illness and/or unsanitary conditions, our Sanitarian conducts regular inspections on:

- Restaurants, grocery stores and food vendors
- Hotels and motels
- Salons and barber shops
- Child care facilities
- Swimming Pools

The public safety also requires our staff to investigate potential exposure to rabies, food and water borne outbreaks and other health-related complaints.

## LEAD POISONING PREVENTION

We offer free lead testing for children six months through six years of age. Our staff also provide educational programs and information regarding hand washing, environmental and home safety and other ways to protect you and your family against the effects of lead.



## EMERGENCY PREPAREDNESS

Natural and man-made disasters can happen suddenly and at any time. To ensure the safety of Oklahomans, our county health department works closely with state, local, tribal and community partners to plan and prepare for responses to environmental, health and medical emergencies.

For information regarding how to prepare and protect yourself and your family during an emergency, please contact us or visit us online.

**OKLAHOMA HEALTH IMPROVEMENT PLAN**   
A comprehensive plan to improve the health of all Oklahomans.  
Learn more at [www.shapeyourfutureok.com](http://www.shapeyourfutureok.com)

 Oklahoma Tobacco Helpline  
**1 800 QUIT NOW**  
Free help **784-8669**

## Ottawa County Health Department is an equal opportunity provider

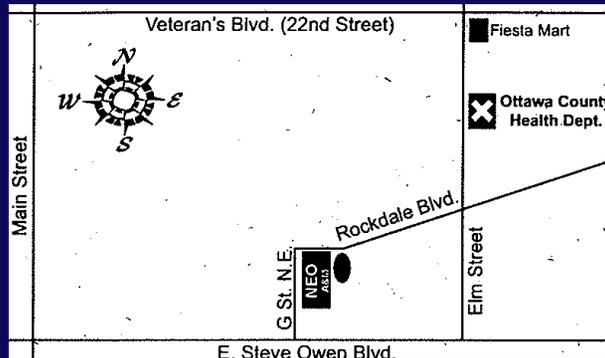
All services are provided regardless of:

**Income**—Some services are provided free of charge, while others are on a sliding fee scale based on family size and income. No one is refused service for inability to pay.

**Age**—Age requirements vary by program.

**Language**—Interpreting services are available upon request.

**Gender**—Services are available for both males and females.



## Ottawa County Health Department

Maria Alexander, Administrator

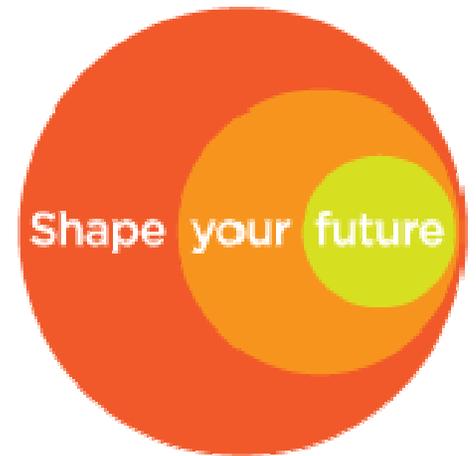
1930 North Elm Street  
Miami, OK 74354  
Phone: 918-540-2481  
Fax: 918-540-2486  
[www.ok.gov/health/](http://www.ok.gov/health/)

Open 8:00 AM—5:00 PM, Monday—Friday  
Closed weekends and holidays



Oklahoma State  
Department of Health  
Creating a State of Health

# Ottawa County Health Department



**Eat Better  
Move More  
Be Tobacco Free!**

# PROGRAMS AND SERVICE PROVIDED TO THE GENERAL PUBLIC

## FAMILY PLANNING

Our Family Planning clinic provides a wide range of services to help prevent unintended pregnancies and support reproductive health:



- Pregnancy testing
- Physical exams for men and women
- Birth control, related education and counseling
- Preventive health screenings and education
- Community referrals
- Emergency contraception

What you pay for family planning services will be based on your income, **however, no one will be turned away for inability to pay.** We also offer assistance with SoonerPlan and SoonerCare enrollment.

**All services are confidential.**  
**We encourage adolescents to involve their parents.**

## SEXUALLY TRANSMITTED DISEASES

To help prevent the spread of sexually transmitted diseases (STDs) we provide free, confidential exams, testing, education and treatment for common STDs. HIV testing is also available.

Ask about our **Brown Bag Special.** We provide free condoms and family planning information upon request.



## COMMUNICABLE DISEASE

Public health nurses work with health partners in educating, identifying, investigating, treating, and preventing communicable diseases in the community such as food and waterborne illness, sexually transmitted diseases, tuberculosis, and childhood diseases.

## IMMUNIZATIONS

We provide all vaccines required by the State Department of Education at no charge for children meeting eligibility requirements. We also provide certain adult immunizations, many of which we offer for little to no charge.

Ask one of our staff about which immunizations are recommended for you and your family.

## WIC—WOMEN, INFANTS & CHILDREN SUPPLEMENTAL FOOD PROGRAM

The WIC program provides access to nutritious foods to supplement the diets of children from birth through age five and women who are pregnant, breastfeeding, or who have recently given birth.



Our WIC staff assist eligible families with:

- Food instruments (vouchers)
- Nutrition education
- Breastfeeding education and support
- Health screenings and referrals

To be eligible for WIC, you must meet certain income guidelines, however, many people who receive Medicaid/ SoonerCare, SNAP, and/or TANF are automatically eligible. Contact us about enrolling in WIC—and be sure to ask about our **Breastfeeding Peer Counselor.**

USDA is an equal opportunity provider and employer.

## C1—CHILDREN FIRST

C1 nurses are specially trained to offer free, in-home visitation services to mothers and families expecting to parent their first child. Our nurses will answer questions and share information about personal health, child development, parenting skills, home safety and community resources.

If you or a loved-one are less than 29 weeks pregnant, expecting a first child and meet the income eligibility, contact us about enrolling in the C1 program.



## SOONERSTART

SoonerStart is designed to help meet the needs of families with infants and toddlers (birth through age three) who have disabilities and/or developmental delays. Our highly-trained Early Intervention staff provide:

- Screenings and assessments
- Family training, education and in-home support
- Specialized services and therapy
- Community referrals

Contact us today for a SoonerStart appointment.

## HEALTH EDUCATION

Our community health education services provide access to free health publications and presentations and classes taught by knowledgeable staff regarding a variety of health-related topics, including:

- Dental health education
- Lead poisoning prevention
- Teen pregnancy prevention
- Youth obesity prevention and nutrition

## SENIOR COMPANIONS

Senior Companions is a home-based visitation program that connects seniors with caring volunteers in an effort to help seniors maintain independence in their own homes. Volunteers not only provide seniors with companionship, but also assist with daily tasks, local transportation and caregiver respite. There is no cost to the senior or their family for these services.



If you or a member of your family is age 60 or over and in need of a Senior Companion, **or** if you are age 55 or over and would like to be a program volunteer, please contact us. Our volunteers receive mileage reimbursement and may also be eligible for a small stipend.