Health Tips

Preventing sexually transmitted diseases

Get tested and treated, if needed, for

12 weeks of pregnancy

Begin prenatal care within the first

If you are pregnant

Avoid drinking any alcohol

Avoid smoking daily

Take a multivitamin with 400 mcg of

Quit smoking

Breastfeed your baby

Correctly install

Assure that child safety seat is

smoke

Avoid exposing baby to secondhand

Place baby on his/her back to sleep

Get help, if needed

Learn the signs of depression and

Resource Card (front)
Helpful Resources

Call 211 Helpline
   (information and referrals)
   www.211.org

AIDS Hotline
   1-800-535-2437 www.hivtest.org

Breastfeeding Hotline
   1-877-271-MLK (6455)
   http://bis.health.ok.gov

Child Abuse Hotline
   1-800-522-3511
   http://fsps.health.ok.gov

March of Dimes, Oklahoma Chapter
   (405) 943-1025
   www.marchofdimes.com

Oklahoma Areawide Services
   Information System (OASIS)
   1-800-426-2747
   http://oasis.ouhsc.edu

Oklahoma Domestic Violence
   Hotline 1-800-522-SAFE (7233)
   www.ocadvsa.org

Oklahoma Tobacco Helpline
   1-800-QUIT NOW (784-8669)
   www.ok.gov/stopswithme/

Text4Baby (free texting service
   offering pregnancy information)
   www.text4baby.org

Oklahoma City-County Health
   Department (405) 427-8651
   www.cchdoc.com

Oklahoma Poison Control Hotline
   1-800-222-1222
   www.oklahomapoison.org

Postpartum Depression Hotline
   1-800-944-4PPD (4773)
   www.postpartum.net

Reach Out Hotline (substance
   abuse and mental health concerns)
   1-800-522-9054
   www.odmhsas.org

SoonerCare/SoonerPlan
   (Oklahoma Medicaid)
   1-800-987-7767 www.okhca.org

Tulsa Health Department
   (918) 582-WELL (9355)
   www.tulsa-health.org

To locate your local
   county health department
   1-800-522-0203 www.health.ok.gov